Get ready for...

SENIORS IN ACTION

Page 33

PLUS

Les Ballets Trockadero de Monte Carlo
Page 47
CELEBRATING 50 YEARS OF SERVICE

The Friends of the McLean Community Center founded and helped support development of the Center. Today, they remain committed to helping support its many programs and activities. If you enjoy the MCC and want to amp up your appreciation and involvement in Center endeavors, then join Friends today. Become a part of this legacy of achievement and support Friends with your $25 tax-deductible membership. In appreciation, Friends members receive special benefits as pre-sales and registrations allow.

Join & Learn More at: www.FriendsMCC.com

OPEN GAME NIGHT AT OFC
Meet your friends at the Old Firehouse on Thursday nights for ping-pong, pool and other free activities. Call OFC for details.

HERE’S WHAT OUR PATRONS SAY...

PILOBOLUS
“It was perfect. Cheers for figuring out how to continue to navigate safely through the COVID pandemic—and have a live show!”

BORISEVICH DUO
“It was my 5 year old’s first concert... He enjoyed the performance very much, thank you for a wonderful first experience!”

HARVEST HAPPENINGS
“Really, really well done. We loved it. It was perfect for our kids and was just a spectacular day. Thank you so much for putting this on.”

TOUCH A TRUCK
“My son was in heaven!”

MCLEAN PET FEST
“Thank you, it was so much fun for our whole family.”
“The dog show was fabulous.”

2021–2022 Governing Board
Barbara Zamora-Appel, Chair
Carla Post, Vice-Chair
Maria Foderaro-Guertin, Secretary
Shivani Saboo, Treasurer
Max Blacksten, Ivy Chen
Bill Glikbarg, Suzanne LeMenestrel, Lisa Mariam
Rasheq Rahman, Melanie Sletten
MCC Staff
Barbara Zamora-Appel, Chair
Carla Post, Vice-Chair
Maria Foderaro-Guertin, Secretary
Shivani Saboo, Treasurer
Max Blacksten
Ivy Chen
Bonnie Weston
Treasurer
Lori Wertz
Secretary
Friends of MCC
Cecilia D. Closs
President
Gordon Thomas
Vice President
Member at Large
Sam Agarwal
Jessica Goodman
Mary Anne Hampton
Carole Herrick
Glenn Yarborough, Jr.

Administration
Daniel Singh, Executive Director
Ashok Karra, Comptroller
Holly Novak, Executive Assistant
Sabrina Anwah, Information Officer
David Craig, Graphic Designer & Webmaster
Kyle Corwin, Social Media Manager
Joe McGovern, Facilities Manager
Vivian Brown, Information Technology
Lindsey Hogan, Office Manager
Nadia Jaff, Accounts Payable
Anne McAfee, Human Resources Specialist
Ellen Fox, Administrative Assistant
Recreation Aides
Jonathan Davis, Booking Manager
Scott Bowen, Craig Morris, Susan Stankus,
Steve Caruso, Tijani Musa
Performing Arts
Sarah Schallern Treff, Director
Jennifer Garrett, Technical Director
Danielle Van Hook, Director, Youth Theatre Programs
Justin King, Assistant Technical Director
Evelyn Hill, Patron Services Manager
Deion Roulhac, Theatre Technician
Jeff Virchow, Performing Arts Assistant
General Programs Department
Mike Fisher, General Programs Director
Christian Hayes, Youth/Instructional Event Manager
Caroline Conley, Seniors in Action Manager
Katie Fedora, Registrar
Cyndie Davis, Assistant Registrar
Nadia Kader, Youth Event Coordinator
Catherine Nesbitt, Special Events Manager
Matthew Hockensmith, Special Events Asst. Manager
Andrew Carter, Old Firehouse General Manager
Sheleta Anderson, Old Firehouse Manager
Aaron Greene, Afterschool Program Manager
WE WANT YOU IN THE MIDST OF MCLEAN COMMUNITY CENTER—JOIN US!

The McLean Community Center (MCC) was built and is funded by residents of Greater McLean for their use through a real estate tax surcharge, the result of a 1970 bond referendum (Small District 1A-Dranesville).

Center facilities include the 383-seat Alden Theatre, the McLean Project for the Arts galleries, the Susan B. DuVal Art Studio, meeting and conference rooms, a rehearsal studio, a multipurpose classroom and catering kitchen.

Local open clubs and organizations use the Center for their monthly meetings with a nominal charge. Center facilities may be rented for private functions such as business conferences, receptions, parties and recitals. District residents and businesses pay reduced fees. Registrations for McLean Youth Athletics and McLean Little League activities are regularly held at the Center, and information on their activities is always available.

The Center also operates the award-winning Old Firehouse Center, located at 1440 Chain Bridge Rd. in downtown McLean.

In his April 3, 1968, letter/sermon, Reverend Martin Luther King, Jr. wrote, “But I know, somehow, that only when it is dark enough, can you see the stars.” As we look ahead to celebrate Martin Luther King Jr. Day, I am grateful that we have our community center as the star that has kept us together through the trying times. We hope we can find and connect the many other stars in McLean and celebrate them with you as we move into the next, and hopefully final phase of the pandemic.

We are excited to have the “Traveling While Black” virtual reality exhibit in the MCC lobby as we commemorate the work of leaders like Reverend King and celebrate Black History Month. If you have always wondered what the fuss was about with virtual reality, here is an opportunity for you to come experience it firsthand at MCC.

We also have exciting activities for you to try out this session, such as Earth Day, our new Seniors in Action Program, ongoing day trips and dances at the Old Firehouse and showstoppers such as Les Ballets Trockadero de Monte Carlo at The Alden. Our staff members are programming a diverse array of classes, events and arts initiatives—so, be sure to check our website often to stay up to date.

I want to take a moment and thank several of you for participating in our planning processes and listening sessions. We will be announcing a draft strategic plan as we head into Spring, 2022, largely based on the collective input from you—our community anchors, our board and our staff. We are excited about where this plan will take us in the short term, but we are also mindfully looking ahead to our 50th anniversary coming around in 2025.

As always, feel free to email me with your thoughts at daniel.singh@fairfaxcounty.gov at any time.

We look forward to welcoming you to the center soon.

To our health,
Daniel Singh

WHO WE ARE, WHAT WE DO

The McLean Community Center (MCC) was built and is funded by residents of Greater McLean for their use through a real estate tax surcharge, the result of a 1970 bond referendum (Small District 1A-Dranesville).

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This free VR experience will be available in our lobby from Friday, Dec. 10 to Sunday, Feb. 13.
MCLEAN COMMUNITY CENTER’S GOVERNING BOARD RELEASES STATEMENT OF COMMITMENT TO DIVERSITY, EQUITY, INCLUSION AND ACCESS

In October, the McLean Community Center Governing Board released a statement on the center’s commitment to diversity, equity, inclusion and access. McLean Community Center (MCC), an agency of Fairfax County Government, was built and is funded by residents of Greater McLean for their use through a real estate tax surcharge, the result of a 1970 bond referendum (Small District 1A-Dranesville). The 11-member Governing Board, which oversees the center’s budget and operation, is elected by citizens of the district and appointed by the Fairfax County Board of Supervisors.

MCC Executive Director Daniel Singh said, “The Board’s statement reaffirms the center’s focus on providing a safe, welcoming, and nurturing environment for everyone. The MCC Governing Board and staff are committed to the important work of equity. We envision a future where all aspects of our programming reflect this central focus on diversity.”

Read the statement in full on the following page.

REGISTER ONLINE | www.mcleancenter.org
“Global events during the year and a half preceding this statement have brought to the forefront long-standing social injustices that many people of color, diverse faiths and the LGBTQ+ community experience every day. This complex environment presents the McLean Community Center (MCC) an opportunity to examine how its initiatives and activities affect the lives of all its constituents while illuminating pathways for the MCC to contribute to the work of advancing social justice and a just democracy.

The MCC Governing Board has made Diversity, Equity, Inclusion and Access (DEIA) a priority. The board is engaged with the MCC’s Executive Director and staff members to develop and align the center’s conduct and programming to these core values. MCC staff members are seasoned professionals who strive to present diverse and engaging programming. Their thoughtful approach provides a safe forum for our community to engage with familiar and unfamiliar topics. They are empowered to create a community center that welcomes all perspectives and contributions and provides equitable access to opportunities and resources for everyone. Through its arts and education programming, MCC is well-positioned to address difficult questions while creating a safe space to explore possible solutions—directly in keeping with our mission to foster civic, cultural and educational activities.

The MCC DEIA initiative aligns closely with Fairfax County’s One Fairfax Policy to promote a responsive, caring and inclusive culture, one in which all feel heard, valued, supported and hopeful. The MCC Board and staff continue to provide activities and initiatives that enable all individuals and families to be safe and healthy and realize their potential by delivering accessible, high-quality and affordable services that encourage broad participation.

The MCC Governing Board:

• Envisions MCC as an inclusive gathering place where residents of all socio-economic levels, races, religions, genders, backgrounds and orientations find a safe and nurturing community.
• Is invested in the physical, emotional and mental wellbeing of our staff and the McLean community.
• Commits to doing its part as caretakers and leaders in our community and the global movement towards diversity, equity, inclusion and accessibility.
• Resolves that MCC’s programming and civil dialogues will engage all participants with ongoing efforts toward inclusion and equity.

As such, we stand with the MCC staff members and fully support their work on diversity, equity, inclusion and access. We look forward to continued engagement with all of our stakeholders to strengthen these principles within our community.”

The MCC Governing Board’s Statement of Commitment to Diversity, Equity, Inclusion and Access can also be found on the MCC website, here: https://bit.ly/39O0Z0M.

WE’RE SEEKING COMMITTED COMMUNITY SERVANTS — IS IT YOUR TURN TO SERVE? MCC GOVERNING BOARD ELECTION BEGINS IN JANUARY

Are you a tax district resident who appreciates the excellent quality of life that this community offers? The Governing Board of the McLean Community Center (MCC) is looking for individuals who can contribute their creativity and leadership skills to help shape the ongoing vision of the center. If you enjoy meaningful and thoughtful civic participation, please consider serving on MCC’s Volunteer Governing Board. The board election process for 2022-2023 will begin in January.

The 11-member volunteer board is comprised of nine adults and two teens (ages 15–17) who live in Small District 1A-Dranesville and pay to support the center. Monthly meetings are held on weekday evenings from June through May. Three adult seats are open (to serve for a three-year term); two youth seats are open (to serve for a one-year term). Youth members represent the student populations of the McLean High School and Langley High School districts, as well as private school students who reside in these districts.

Whether you are a newcomer to McLean or have lived in the area for years, your perspective is important. Contributing your skills on MCC’s Governing Board will prove rewarding.

Interested? Candidate Packets will be available for pick-up at the center beginning in January. For more detailed information, visit: www.mcleancenter.org or call 703-790-0123, TTY: 711.
A Note About MCC Winter-Spring Event COVID-19 Precautions

Programs are being planned with the hope that we will be able to return to normal operations and come together as a community. Programs may be adjusted or canceled based on current COVID-19 conditions and/or the operating status of MCC.

A number of COVID-19 restrictions are in place. Everyone is required to wear masks inside the building and target attendance numbers have been adjusted to allow for social distancing. Hand sanitizing stations are located throughout the building.

MCC’S FY2023 BUDGET PROPOSAL APPROVED AND SENT TO FAIRFAX COUNTY

At its meeting on Wednesday, Oct. 27, the McLean Community Center Governing Board approved the center’s proposed budget for fiscal year 2023 (which runs July 1, 2022–June 30, 2023). The tax rate to support the center was maintained at 2.3 cents per $100 of assessed real estate value. The budget will now be reviewed and considered by the Fairfax County Board of Supervisors, with a projected final approval happening in April. You can view highlights of the FY2023 budget online at www.mcleancenter.org.

MCC BOARD SEeks INPUT FROM DISTRICT RESIDENTs AT PUBLIC HEARING ON PROGRAMS IN MARCH

The McLean Community Center Governing Board wants to hear from you! The board is holding a Public Hearing on MCC Programs at 6:30 p.m. on Wednesday, March 23, at the center.

Residents of Small District 1A-Dranesville, the center’s tax district, are encouraged to attend the hearing to voice their opinions on current offerings at the center and to make suggestions for future programs. The hearing is the first step in planning for the FY2024 budget cycle, which begins July 1, 2023. The center is home to the Robert Ames Alden Theatre and includes the Old Firehouse Teen Center.

Residents who would like to have their names placed on the speakers’ list for the hearing may call the center at 703-790-0123, TTY: 711. Residents also may make comments at the meeting without prior notice and may submit written comments in person or by mail or e-mail (feedback@mcleancenter.org).

For more information, call the center at 703-790-0123, TTY: 711, or visit: www.mcleancenter.org.

STAFF SPOTLIGHT

MCC Executive Assistant Holly Novak may not know what challenges each new day at the Center will hold, but she will work through them with a smile and a desire to help others grow. In her fourth year at MCC, Novak provides intuitive, behind-the-scenes support to those in leadership positions so that they can move organizations forward.

In addition to her day-to-day operations, Novak plays an essential role in supporting the MCC Governing Board in their proceedings. She is responsible for notifying the public of all upcoming meetings, taking the minutes (the official record of board meetings), logistical support for the annual governing board election and handling various facets of fiscal year budget preparation and future meetings.

With a strong background in dealing with people, Novak’s education and professional experience reflect her passion for serving and interacting with others. She graduated with a degree in Rhetoric & Communication from Temple University before earning her master’s in Public Communication from the University of Maryland. She has since worked in a Fortune 100 company as well as a number of small businesses and large regional non-profit organizations, concentrating her efforts on marketing research, public opinion polling, administrative support, project planning and external communication.

Novak says she values the people she works with, citing the interactions as her favorite part about working at MCC. “I love my colleagues,” she said. “With their specialized capabilities and professional expertise, each person is quirky and talented in his or her own way, which makes a fantastic staff team.”

When she’s not capturing every last word spoken in MCC board meetings or responding to public inquiries, Novak is traveling around the world. “I’m always thinking about my next trip,” she said. A fan of Olympic and Washington sports, sewing, collecting antiques and singing in choral ensembles, Novak finds joy in the diversity of the people, places and things around her.
A Note About MCC Winter-Spring Event COVID-19 Precautions

Programs are being planned with the hope that we will be able to return to normal operations and come together as a community. Programs may be adjusted or canceled based on current COVID-19 conditions and/or the operating status of MCC.

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YOUTH EVENTS

SWEETHEART PARENT & CHILD DANCE

Children can come to MCC for a fancy “date” with their parents or guardians. Create lasting memories by joining us at the MCC’s Sweetheart dance. Featuring: light refreshments, DJ, photo booth, and crafts. Space is limited so register early! Each participant must register separately.

ALL AGES

2 hrs
$25/$20 MCC district residents
F, 2/25 7–9 p.m.
4501.322

SPRING FEST

Join your neighbors as we celebrate the changing of seasons with self-guided arts and crafts, entertainment and an opportunity for your child to take a photo with our Bunny character. Bring your camera or smartphone for photos! An MCC staff member will be on hand to take a photo of you and your family. Remember to bring your basket for our Parent-Child Egg Hunt (10 egg limit per child). Please register early! Space is limited.

AGES 2–8

2 hrs
$5 per person, children under 29 months are free. Advance registration is required for all participants. Walk-ins will not be accepted.
Sa, 4/16 10 a.m.–noon
4502.322
## FAMILY EVENTS AT THE OLD FIREHOUSE

### FAMILY FUN BINGO

Join us for an evening of fun and prizes! Enjoy free popcorn and winners will take their pick of prizes!

<table>
<thead>
<tr>
<th>ALL AGES</th>
<th>2.5 hrs</th>
<th>$15/$10 MCC district residents</th>
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<td>F, 2/11</td>
<td>7–9:30 p.m.</td>
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</table>

### VIRTUAL FAMILY FUN BINGO

Join us for a virtual evening of fun and prizes. Winners will take their pick of themed prize packs. Preregistration is recommended.

<table>
<thead>
<tr>
<th>ALL AGES</th>
<th>2.5 hrs</th>
<th>$5 for 5 cards</th>
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<td>F, 4/22</td>
<td>7–9:30 p.m.</td>
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</table>

### VIRTUAL FAMILY TRIVIA NIGHT

Gather the family and test your trivia knowledge virtually with the Old Firehouse. Participants will have the chance to win delicious prizes.

<table>
<thead>
<tr>
<th>ALL AGES</th>
<th>2 hrs</th>
<th>$5 per family of 4</th>
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<tr>
<td>F, 2/4</td>
<td>7–9 p.m.</td>
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</table>

### FAMILY TRIVIA NIGHT

Gather the whole family and come test your trivia knowledge with the Old Firehouse Family Trivia Nights. Participants will enjoy unlimited popcorn with the chance to win a delicious prize! Preregistration is recommended.

<table>
<thead>
<tr>
<th>ALL AGES</th>
<th>2 hrs</th>
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<td>F, 5/13</td>
<td>7–9 p.m.</td>
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### SNACK & PAINT NIGHT

Whether you are a beginner or an expert, love snacks or want to get your hands dirty with some paint, come on down to the Old Firehouse for our Snack and Paint Night. Led by a professional art teacher, you will be able to create your own masterpiece with your family while having tons of fun doing so. All materials and snacks are included in the fee. Preregistration is recommended. Register online at oldfirehouse.org or call OFC at 703-448-TEEN (8336), TTY: 711.
SPRING COMMUNITY PARKING LOT TRUNK SALE

Shoppers, find bargains at this parking lot sale with up to 50 vendors! Residents selling household items are welcome. Limited commercial vendors or flea market dealers are also welcome. Register online at mcleancenter.org, or in person or by phone by contacting the MCC Registrar at 703-744-9365, TTY: 711.

**Adults, All Items**
**Vendor Space Fee:** $30/$20 MCC district residents

**Children (up to 15 years old), Children's Items Only**
Youth vendors must be supervised by a parent or guardian. **Vendor Space Fee:** $15/$5 MCC district residents

The vendor enrollment deadline is **Wednesday, April 6.** Advanced registration is required. Vendor spaces are available on a first-come, first-served basis.

For registration and more information see our website, mcleancenter.org/special-events.

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McLEAN EARTH DAY—ACT LOCALLY

This outdoor environmental action event is designed to provide McLean residents an opportunity to create a healthier planet. Shred, reuse, recycle and replenish, and make McLean an even better place by acting locally.

The event will include document shredding (up to 5 file boxes - no clips please), composting, recycled art displays, bulk and household item donations, and more. Don’t leave without your free gifts of a tree seedling and pollinator seeds!

For registration and more information, visit: mcleancenter.org/special-events.

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**McLEAN EARTH DAY—ACT LOCALLY**

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Duration</th>
<th>Free Admission</th>
<th>Admission Details</th>
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<tbody>
<tr>
<td><strong>Earth Day Act Locally</strong></td>
<td>3 hrs</td>
<td>MCC district residents</td>
<td>Registration required.</td>
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**2010.322**
Sa, 4/23 9 a.m.–10 a.m.

**2011.322**
Sa, 4/23 10 a.m.–11 a.m.

**2012.322**
Sa, 4/23 11 a.m.–noon

To allow us to process everyone in a timely fashion and prevent overcrowding, we ask that you sign up for a specific timeslot.
T.G.I.F. Carnival Ride Preview
Come enjoy the Friday night carnival rides!
Lewinsville Park, 1659 Chain Bridge Rd.
For more information go to mcleancenter.org/special-events.

Festival
Saturday, May 21, 11 a.m.-5 p.m.
Lewinsville Park, 1659 Chain Bridge Rd.
Free admission

MCC Governing Board Elections
Vote for your favorite MCC Governing Board candidates. 10:30 a.m.-5 p.m.
Bring the family and enjoy the fun at McLean’s biggest annual festival. This event draws approximately 10,000+ patrons throughout the day. Enjoy music, games, balloon animals, a petting zoo, amusements, sponsors, exhibitors, gourmet food trucks, large and small carnival rides and much more! Ride tickets are sold onsite or may be purchased in advance online.
Check our website at mcleancenter.org/special-events for up-and-coming information.

Sponsorships
Become a McLean Day sponsor and show your community spirit at this highly visible event. For more information, go to our website: mcleancenter.org/special-events.

Exhibitor Space
Sign up for a McLean Day exhibitor booth space to promote your organization, community group and/or business. Artisans and crafters are welcome! For more details and to obtain an exhibitor application, visit: mcleancenter.org/special-events.

Exhibitor Application Dates
Registration is open for McLean Small Tax District 1A-Dranesville residents and businesses. Registration opens to the general public on Wednesday, Jan. 19, 2022.
Spaces are sold on a first-come, first-served basis.
MCC management will make a decision on whether to hold this program due to the pandemic and best safety practices and will publish the decision on our website at mcleancenter.org.
Alexander “Sasha” Ryjik describes fencing as the physical equivalent of chess, and it is an art that he has helped aspiring fencers master through his instruction for many years.

Since he began competing at a young age, Ryjik has composed quite the resume, ranking first in the United States by point standings for 10 consecutive years, being named a multiple-time U.S. National Champion, North American Champion and USA Team Captain at the Cadet/Junior World Championships. Additionally, he has traveled to over half of the states in the U.S. and over 15 countries for tournament play.

Ryjik attended Harvard University, where he earned a degree in political science and won three Ivy League championship titles. After graduating, he continued to grow his family’s business, Virginia Academy of Fencing (VAF). VAF is the world’s largest fencing academy and also provides fencing classes and camps at MCC.

Having experienced a great deal of success on the piste (the playing area) himself, Ryjik says one of his favorite parts of instructing is helping fencers realize their potential. “Teaching at MCC provides the opportunity to meet aspiring students who may one day become olympic champions,” he said. “There are no fencing academies in the McLean area, so this outreach opportunity is a wonderful way for students to experience the olympic sport of fencing.”

Serving as the MCC instructor of the Introduction to Olympic Fencing: Foil, Sabre & Epee classes, Ryjik discovered his passion for teaching following his career of competing internationally. “I want to share my knowledge and skills with anyone interested in learning fencing,” he said. “I love to promote the sport of fencing because of how it positively changed my life. It gives me the ability to mentor the youth and to provide students with the opportunity to enjoy a physically and mentally demanding sport.”

In his time away from instruction, can be found climbing boulders on the Old Rag Trail with his wife, Hibah. He also enjoys playing the violin, listening to music and building websites to help small businesses.
Ballet & Tap (Pre-Primary I) 3–4 years

Children develop rhythm, grace, poise, coordination and musicality through pre-primary classical ballet, beginning tap skills, tap routines, and improvisations with magical props and adorable costumes. Our dance class enriches your child in five areas of development: physical, creative, social, cognitive, and emotional.

Instructor: Art in Motion Dance Staff.

1703.322 No lesson on 4/6.

Session I

<table>
<thead>
<tr>
<th>10 lessons @ 45 mins</th>
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<td>$252/$210 MCC district residents</td>
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W, 1/19–3/23 2:30–3:15 p.m.

Session II

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W, 3/30–6/8 2:30–3:15 p.m.

Fairytale Ballet™ 3–5 years

Young dancers enjoy dancing to their favorite cherished tunes from fairytales such as “Frozen,” “Moana,” “Cinderella,” “Sleeping Beauty” and “Beauty and the Beast,” among others. They will learn ballet dances to popular classical ballets and perform in costumes.

Instructor: Art in Motion Dance Staff.

1711.322 No lesson on 4/7.

Session I

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Sa, 1/29–3/26 9:30–10:15 a.m.

Session II

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Sa, 4/9–6/11 9:30–10:15 a.m.

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**SESSION II**

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<td><strong>VIRTUAL</strong></td>
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| Th, 3/31–6/9       | 3:30–4:15 p.m. |

**SESSION I**

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| Sa, 1/29–3/26       | 10:30–11:15 a.m. |

**SESSION II**

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<tr>
<th>10 lessons @ 45 mins</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IN-PERSON</strong></td>
</tr>
<tr>
<td>$252/$210 MCC district residents</td>
</tr>
<tr>
<td><strong>VIRTUAL</strong></td>
</tr>
<tr>
<td>$210/$180 MCC district residents</td>
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</table>

<table>
<thead>
<tr>
<th>IN-PERSON 1713.322</th>
<th>VIRTUAL 1715.322</th>
</tr>
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</table>

| W, 3/30–6/8        | 3:30–4:15 p.m. |

**SESSION II**

<table>
<thead>
<tr>
<th>8 lessons @ 45 mins</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>IN-PERSON</strong></td>
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<tr>
<td>$201/$168 MCC district residents</td>
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<tr>
<td><strong>VIRTUAL</strong></td>
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<tr>
<td>$168/$140 MCC district residents</td>
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</table>

<table>
<thead>
<tr>
<th>IN-PERSON 1717.322</th>
<th>VIRTUAL 1719.322</th>
</tr>
</thead>
</table>

| Sa, 4/9–6/11       | 10:30–11:15 a.m. |

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**Ballet & Tap (Pre-Primary II)**

Young dancers are introduced to a classical ballet syllabus incorporating magical variations and dance class etiquette. Cognitive skills of counting, sequencing, spatial awareness and immersion in the French language are introduced in this class. Dancers learn tap technique and delightful song and tap routines that develop coordination, rhythm, timing and stage presence.

**Instructor:** Art in Motion Dance Staff.

**1715.322** No lesson on 4/6.

**1719.322** No lesson 4/2, 5/21 and 5/28.
### FUNFIT® TOTS

**11 MOS.–4 YEARS (WITH GUARDIAN)**

Parent/Guardian participation required with child(ren). A fun-filled, full-of-energy, active games class emphasizing songs, creative movement, parachute, balls and loads of active fun! Develops self-confidence, motor skills, coordination, socialization and cooperation and reinforces cognitive learning. Special needs welcome.

**Instructor:** Funfit® Staff.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Age</th>
<th>Lessons</th>
<th>Duration</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1800.322</td>
<td>11 MOS.–2 YEARS</td>
<td>10 lessons @ 45 mins</td>
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<td>W, 1/19–3/23 9:45 a.m.–10:30 a.m.</td>
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<tr>
<td>1801.322</td>
<td>1.5–4 YEARS</td>
<td>10 lessons @ 45 mins</td>
<td>$171/$140 MCC district residents</td>
<td>W, 1/19–3/23 10:35–11:20 a.m.</td>
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</tbody>
</table>

Class fee includes payment for one child and one adult. Materials fee: $5. Fee is due to the instructor on the first day of class. Please pay in exact cash.

### FIRST STRIKE SOCCER BY JST ATHLETICS

Instruction for young athletes ages 2 to 5, providing the perfect balance between learning and having fun! Players are introduced to fundamental techniques of kicking, passing, dribbling and defense. Classes include games and scrimmages incorporating skills learned.

**Instructor:** JST Athletics.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Age</th>
<th>Lessons</th>
<th>Duration</th>
<th>Fee</th>
<th>Notes</th>
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<tbody>
<tr>
<td>1650.322</td>
<td>2–3 YEARS</td>
<td>8 lessons @ 45 mins</td>
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<tr>
<td>1651.322</td>
<td>4–5 YEARS</td>
<td>8 lessons @ 45 mins</td>
<td>$124/$102 MCC district residents</td>
<td>Th, 1/20–3/10 10:15–11 a.m.</td>
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</tbody>
</table>
Music Together®, an internationally recognized music and movement program, engages early childhood music development for infant, toddler and preschool aged children and their parents and other primary caregivers through mixed-aged classes. The Music Together approach develops every child’s birthright of basic music competence by encouraging the actual experiencing of music through playful activities, rather than the learning of concepts or information about music.

**Instructor:** Music Together® Staff.

**Please note:** Instructors may be subject to change without notification. It is not the responsibility of McLean Community Center and its instructors to make up, prorate or reimburse any missed classes due to personal absences and/or schedule conflicts.

Class fee includes payment for one child and one adult. **Required Supplemental Fee:** $42, make check payable to Little Steps Music, LLC, or pay by PayPal or Venmo at littlestepsmusic@gmail.com. Fee is due to the instructor on the first day of class. One supplemental fee per family. One infant, newborn to nine months old, can attend FREE with a registered sibling.

**Monday Sessions** No lesson on 2/21 and 5/30.

### SESSION 1: MONDAY
- **9 lessons @ 45 mins**
- **$220/$180 MCC district residents**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
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<td>M, 1/24–3/28</td>
<td>9:15–10 a.m.</td>
</tr>
<tr>
<td>1501.322</td>
<td>M, 1/24–3/28</td>
<td>10:15–11 a.m.</td>
</tr>
<tr>
<td>1502.322</td>
<td>M, 1/24–3/28</td>
<td>11:15 a.m.–noon</td>
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</table>

### SESSION 1: TUESDAY
- **11 lessons @ 45 mins**
- **$270/$220 MCC district residents**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
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<tr>
<td>1504.322</td>
<td>Tu, 1/18–3/29</td>
<td>10:15–11 a.m.</td>
</tr>
<tr>
<td>1505.322</td>
<td>Tu, 1/18–3/29</td>
<td>11:15 a.m.–noon</td>
</tr>
</tbody>
</table>

### SESSION 1: THURSDAY
- **11 lessons @ 45 mins**
- **$270/$220 MCC district residents**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
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<td>1506.322</td>
<td>Th, 1/20–3/31</td>
<td>9:15–10 a.m.</td>
</tr>
<tr>
<td>1507.322</td>
<td>Th, 1/20–3/31</td>
<td>10:15–11 a.m.</td>
</tr>
<tr>
<td>1508.322</td>
<td>Th, 1/20–3/31</td>
<td>11:15 a.m.–noon</td>
</tr>
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</table>

### SESSION 1: FRIDAY
- **11 lessons @ 45 mins**
- **$270/$220 MCC district residents**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
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<td>F, 1/21–4/1</td>
<td>9:15–10 a.m.</td>
</tr>
<tr>
<td>1510.322</td>
<td>F, 1/21–4/1</td>
<td>10:15–11 a.m.</td>
</tr>
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</table>

### SESSION II: MONDAY
- **8 lessons @ 45 mins**
- **$195/$160 MCC district residents**

<table>
<thead>
<tr>
<th>Class Code</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>1511.322</td>
<td>M, 4/18–6/13</td>
<td>9:15–10 a.m.</td>
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<td>1512.322</td>
<td>M, 4/18–6/13</td>
<td>10:15–11 a.m.</td>
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<tr>
<td>1513.322</td>
<td>M, 4/18–6/13</td>
<td>11:15 a.m.–noon</td>
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</tbody>
</table>

*Continued on the next page.*
### CHESS

Silver Knights has taught chess to 100,000+ children, including national champions! A great class for everyone from brand new beginners to tournament players. Activities include learning the rules, openings, tactics, strategy, endgames and playing games.

**Instructor:** Silver Knights Enrichment.

#### SESSION I
- **8 lessons @ 1 hr**
- **$95/$77 MCC district residents**

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>I1</td>
<td>W, 1/19–3/2</td>
<td>6–7 p.m.</td>
</tr>
<tr>
<td>I2</td>
<td>W, 4/13–5/25</td>
<td>6–7 p.m.</td>
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</table>

#### SESSION II: THURSDAY
- **8 lessons @ 45 mins**
- **$195/$160 MCC district residents**

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>I1</td>
<td>Th, 4/21–6/9</td>
<td>9:15–10 a.m.</td>
</tr>
<tr>
<td>I2</td>
<td>Th, 4/21–6/9</td>
<td>10:15–11 a.m.</td>
</tr>
<tr>
<td>I3</td>
<td>Th, 4/21–6/9</td>
<td>11:15 a.m.–noon</td>
</tr>
</tbody>
</table>

#### SESSION II: TUESDAY
- **8 lessons @ 45 mins**
- **$195/$160 MCC district residents**

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td>I1</td>
<td>Tu, 4/19–6/7</td>
<td>9:15–10 a.m.</td>
</tr>
<tr>
<td>I2</td>
<td>Tu, 4/19–6/7</td>
<td>10:15–11 a.m.</td>
</tr>
<tr>
<td>I3</td>
<td>Tu, 4/19–6/7</td>
<td>11:15 a.m.–noon</td>
</tr>
</tbody>
</table>

#### SESSION II: FRIDAY
- **8 lessons @ 45 mins**
- **$195/$160 MCC district residents**

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>I1</td>
<td>F, 4/22–6/10</td>
<td>9:15–10 a.m.</td>
</tr>
<tr>
<td>I2</td>
<td>F, 4/22–6/10</td>
<td>10:15–11 a.m.</td>
</tr>
</tbody>
</table>
KIDS’ KNIFE SKILLS 8–12 YEARS

Empower your children to help with the cooking by learning real knife skills that will stay with them for years to come. Kids will learn special techniques for cutting onions, carrots, peppers and other vegetables. They will learn how to paste garlic, mince parsley and make a chiffonade of lettuce, as well as safely cut French bread and slice cheese. A light meal will be served.

**Instructor:** Chef Joel Olson.

<table>
<thead>
<tr>
<th>Description</th>
<th>1 lesson @ 2 hrs</th>
<th>$67/$57 MCC district residents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1300.322</strong></td>
<td>M, 3/14 4:15–6:15 p.m.</td>
<td></td>
</tr>
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</table>

FRENCH TECHNIQUES FOR KIDS 8–12 YEARS

Kids will prepare, then dine on Garbure (Ham and Vegetable Stew); Ficelles (Skinny Baguettes); Chicken with Garlic Cream Sauce; Rice Pilaf; Caramel Mousse.

**Instructor:** Chef Joel Olson.

<table>
<thead>
<tr>
<th>Description</th>
<th>1 lesson @ 2 hrs</th>
<th>$67/$57 MCC district residents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1301.322</strong></td>
<td>Tu, 3/15 4:15–6:15 p.m.</td>
<td></td>
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</tbody>
</table>

COOKING, MANNERS, & ETIQUETTE 8–12 YEARS

Sign up now for this highly popular and effective etiquette class. On Day One, students prepare a variety of foods, then sit and enjoy the rewards of their labor all the while discussing the concepts and rules of manners and etiquette. On Day Two, students will dine and share a four-course meal served to them restaurant style, while their dining etiquette is critiqued by Chef Joel in a lively and productive manner.

**Instructor:** Chef Joel Olson.

**Day One:** Minestrone with Herbed Garlic Flatbread; Turkey Meatballs with Fresh Tomato Sauce and Noodles; Scandinavian Sugar Cookies; Common Courtesy; Manners and Etiquette 101; Guest and Host.

**Day Two:** Bread and Butter Basket; Corn and Potato Chowder; Garden Salad with Homemade Dressing; Chicken Wellington with Classic Velouté; Rice Pilaf; Vegetable Side Dish; Fresh Fruit Napoleons; Manners and Etiquette 102. Recipes and handouts will be presented at the end of Class Two.

<table>
<thead>
<tr>
<th>Description</th>
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<th>$137/$113 MCC district residents</th>
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<td>W-Th, 3/16–17 4:15–6:15 p.m.</td>
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</table>

KIDS’ PU PU PLATTER CLASS 8–12 YEARS

In this class, kids will prepare then dine on a variety of foods bridging both Hawaiian and Chinese cuisines. On the menu: Oven-Baked Shrimp Toast; Crab Rangoon; Chinese Chicken Wings; Hawaiian Skewered Pineapple Beef Kebabs.

**Instructor:** Chef Joel Olson.

<table>
<thead>
<tr>
<th>Description</th>
<th>1 lesson @ 2 hrs</th>
<th>$67/$57 MCC district residents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1303.322</strong></td>
<td>F, 3/18 4:15–6:15 p.m.</td>
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</tbody>
</table>

KIDS’ BREAKFAST & BRUNCH WORKSHOP 8–12 YEARS

Besides just fending for themselves in the morning, kids will learn the basics of egg preparations as well as many techniques for preparing breakfast, brunch or Sunday evening supper. On the menu: Individual Omelettes; Soft-Scrambled Eggs with Herbs and Cheese; Poached Eggs with Hollandaise Sauce; Berries and Cream Stuffed French Toast; Streusel Cofeeecake Muffins.

**Instructor:** Chef Joel Olson.

<table>
<thead>
<tr>
<th>Description</th>
<th>1 lesson @ 2 hrs</th>
<th>$67/$57 MCC district residents</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1304.322</strong></td>
<td>Sa, 3/19 9:30–11:30 a.m.</td>
<td></td>
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</tbody>
</table>

REGISTER ONLINE | www.mcleancenter.org
BALLET & TAP (COMBINATION I)

Children develop lovely technical ballet skills while learning French vocabulary, enhancing their artistic growth and nurturing poise, grace and musicality. Young dancers learn basic tap technique using fun Broadway-style song and tap routines showcasing their fantastic stage presence. This class is for kindergarten/first grade students.

**Instructor:** Art in Motion Dance Staff.

### 5-6 Years

- **IN-PERSON**
  - 20 lessons @ 45 mins
  - **$504/$420** MCC district residents
  - **VIRTUAL**
    - $420/$360 MCC district residents

- **IN-PERSON**
  - 17 lessons @ 45 mins
  - **$428/$357** MCC district residents
  - **VIRTUAL**
    - $357/$298 MCC district residents

### Dates

- **W, 1/19–6/8** 4:30–5:15 p.m.
- **Sa, 1/29–6/11** 11:30 a.m.–12:15 p.m.

---

HIP-HOP KIDS

Young hip-hop artists will begin with the building blocks of jazz technique. Students will learn hip, funky moves to the latest kids’ rock and hip-hop tunes. The focus will be on hip-hop choreography utilizing the latest hit music from hip-hop stars and pop stars such as Carly Rae Jepsen, Taylor Swift, Katy Perry, Demi Lovato and Selena Gomez!

**Instructor:** Art in Motion Dance Staff.

### 5-7 Years

- **IN-PERSON**
  - 20 lessons @ 45 mins
  - **$504/$420** MCC district residents
  - **VIRTUAL**
    - $420/$380 MCC district residents

- **IN-PERSON**
  - 17 lessons @ 45 mins
  - **$428/$357** MCC district residents
  - **VIRTUAL**
    - $357/$298 MCC district residents

### Dates

- **Tu, 1/18–6/7** 4:15–5 p.m.

---

BALLET & TAP (COMBINATION II)

Students are trained in the classical ballet syllabus and tap technique syllabus incorporating tap, barre, progressions, combinations, stylized Broadway tap routines, and jazz syllabus.

**Instructor:** Art in Motion Dance Staff.

### 7-8 Years

- **IN-PERSON**
  - 17 lessons @ 1 hr
  - **$571/$476** MCC district residents
  - **VIRTUAL**
    - $476/$400 MCC district residents

### Dates

- **M, 1/24–6/6** 4:15–5:15 p.m.
BALLET, TAP & JAZZ (COMBINATION III)
7-9 YEARS
Students are trained in the classical ballet syllabus through barre, adagio and allegro variations. Students learn tap technique to Broadway style songs and jazz syllabus.
Instructor: Art in Motion Dance Staff.
No lesson on 2/21, 4/4 and 5/30.

BALLET GRADE I
7-9 YEARS
This beginning level class is designed to develop awareness of alignment along with technique and basic ballet vocabulary. Your dancer will have a blast exploring different ways to move at the barre and through the space.
Instructor: Art in Motion Dance Staff.
No lesson on 4/8.

BALLET, TAP & JAZZ (COMBINATION IV)
8-10 YEARS
Students advance in the Art in Motion Dance syllabus by training in the three dance forms: classical ballet, tap and jazz/contemporary. Classical ballet training includes ballet barre, adagio and allegro combinations.
Instructor: Art in Motion Dance Staff.
No lesson on 2/21, 4/4 and 5/30.

HIP-HOP INTERMEDIATE
8-11 YEARS
This fun, fast-paced, lively class will combine fundamentals of jazz technique, hip-hop, and urban style moves as seen in your favorite music videos and movies.
Instructor: Art in Motion Dance Staff.
No lesson on 4/5.
## BALLETT, TAP & JAZZ (COMBINATION V)

**Students advance training in four dance forms: classical ballet, tap, jazz and contemporary. Classical ballet training in this class emphasizes epaulement, adagio and allegro steps.**

**Instructor:** Art in Motion Dance Staff.

**No lesson on 4/7.**

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<thead>
<tr>
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<th>VIRTUAL</th>
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<tbody>
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</table>

**IN-PERSON:** Th, 1/20–6/9 4:30–5:30 p.m.

**VIRTUAL:** Th, 1/20–6/9 4:30–5:30 p.m.

## BALLET GRADE II/III

**This class is a progression from Ballet I and will focus on continuing to learn new technique and ballet vocabulary and to explore different ways to move through the space through barre, center work and across the floor exercises.**

**Instructor:** Art in Motion Dance Staff.

**No lesson on 4/8.**

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<th>IN-PERSON</th>
<th>VIRTUAL</th>
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<tbody>
<tr>
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<td>$532/$445 MCC district residents</td>
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**IN-PERSON:** F, 1/28–6/10 5:15–6:15 p.m.

**VIRTUAL:** F, 1/28–6/10 5:15–6:15 p.m.

## MUSICAL THEATER JAZZ I

**Musical theater dance class combines jazz technique and introduces students to a Broadway style of dance. This class focuses on beginner jazz warm-up, center floor work, progressions, kicks, leaps, turns, splits and isolations. Your child will be a dancing Broadway star on Parent Watch Day!**

**Instructor:** Art in Motion Dance Staff.

**No lesson on 4/6.**

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<thead>
<tr>
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<th>VIRTUAL</th>
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<tbody>
<tr>
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<td><strong>VIRTUAL</strong></td>
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**IN-PERSON:** W, 1/19–6/8 5:30–6:30 p.m.

**VIRTUAL:** W, 1/19–6/8 5:30–6:30 p.m.

## JUNIOR COMPANY CLASS (BALLET, TAP & JAZZ)

**Prerequisite: dance training in Combination V+ level or equivalent experience. New students may have to audition for this class. Students advance in training in four dance forms: classical ballet (focusing on coordination, musicality and performance quality), intermediate tap, jazz and contemporary.**

**Instructor:** Art in Motion Dance Staff.

**No lesson on 4/7.**

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<thead>
<tr>
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<th>IN-PERSON</th>
<th>VIRTUAL</th>
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<tbody>
<tr>
<td><strong>IN-PERSON</strong></td>
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<td>$560/$465 MCC district residents</td>
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<tr>
<td><strong>VIRTUAL</strong></td>
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</table>

**IN-PERSON:** Th, 1/20–6/9 5:30–6:30 p.m.

**VIRTUAL:** Th, 1/20–6/9 5:30–6:30 p.m.
CHEER & TUMBLING

This beginning level tumbling/cheer class will focus on students stretching, jumping and learning the beginning skills of tumbling. In addition, students also will be introduced to different aspects of cheerleading, including chants, dance and teamwork. This class is a great way to introduce tumbling, cheer and the importance of working together as a team.

Instructor: Art in Motion Dance Staff.

No lesson on 4/6.

FENCING

INTRODUCTION TO OLYMPIC SPORT FOIL, SABRE AND EPEE

Known as the “physical game of chess,” olympic sport fencing provides a tremendous physical and mental workout for all ages and athletic abilities. Fencing builds muscle strength, cardiovascular endurance, coordination and speed. The instructor teaches the fundamentals of footwork, handwork and strategy using safety-tipped swords, protective jackets, masks and gloves.

Instructor: Virginia Academy of Fencing.

Equipment rental fee: $49, make check payable to VAF or pay in cash. The fee is due to the instructor on the first day of class.

No lesson on 2/21.
MAD SCIENCE SENSATIONAL SCIENCE

Children will harness heat energy, learn the science behind heat and explore the properties of both light and color. Your mad scientists will experiment with magnets, examine curious optical illusions and analyze the amazing properties of slime! Children will get to know their taste buds better and witness a hair-raising demonstration of static electricity.

**Instructor:** Mad Science Staff.

### SESSION I
- 8 lessons @ 1 hr
- $235/$195 MCC district residents
- 1100.322
- Tu, 1/25–3/8 4–5 p.m.

### SESSION II
- 8 lessons @ 1 hr
- $235/$195 MCC district residents
- 1102.322
- Tu, 4/12–5/31 4–5 p.m.

MAD SCIENCE EXPERIMENTAMANIA

Experimentamania is a cornucopia of experiments! Children will uncover the vital role that science plays in detective work, examine the science behind popular toys and get a buzz out of the amazing world of insects! Your mad scientists will explore earth science and weather phenomena and experiment with some kitchen chemistry. Children will build their own Mad Science Machine and create their very own short, animated cartoon.

**Instructor:** Mad Science Staff.

### SESSION I
- 8 lessons @ 1 hr
- $235/$195 MCC district residents
- 1101.322
- Th, 1/27–3/17 4–5 p.m.

### SESSION II
- 8 lessons @ 1 hr
- $235/$195 MCC district residents
- 1103.322
- W, 4/13–6/1 4–5 p.m.

NASA: ACADEMY OF FUTURE SPACE EXPLORERS

NASA-approved and endorsed, this program takes children on a tour of the universe! Participants will continue their explorations at home with fascinating information and take-homes. Children will learn about space travel, energy, dry ice, space technology, living in space, motion and planets and moons.

**Instructor:** Mad Science Staff.

### SESSION I
- 8 lessons @ 1 hr
- $235/$195 MCC district residents
- 1104.322
- Th, 4/14–5/2 4–5 p.m.
## INTERMEDIATE/ADVANCED HIP HOP

This fun, fast-paced, lively class will combine fundamentals of jazz technique, hip-hop, and urban-style moves as seen in your favorite music videos and movies.

**Instructor:** Art in Motion Dance Staff.

No lesson on 4/5.

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<thead>
<tr>
<th></th>
<th>IN-PERSON</th>
<th>VIRTUAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu, 1/18–6/7 5:45–6:45 p.m.</td>
<td>$672/$560 MCC district residents</td>
<td>$560/$465 MCC district residents</td>
</tr>
</tbody>
</table>

## BALLET GRADE IV

This class is a progression from Ballet I and will focus on continuing to learn new technique and ballet vocabulary and to explore different ways to move through the space through barre, center work and across the floor exercises.

**Instructor:** Art in Motion Dance Staff.

No lesson on 4/8.

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<tr>
<td>F, 1/28–6/10 6:15–7:30 p.m.</td>
<td>$730/$610 MCC district residents</td>
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</table>

## SENIOR COMPANY CLASS (BALLET, TAP & JAZZ)

Prerequisite: dance training in Junior Company or equivalent experience. New students may have to audition for this class. Students advance in training in four dance forms: classical ballet (focusing on coordination, musicality and performance quality), Intermediate/Advance tap, jazz and contemporary.

**Instructor:** Art in Motion Dance Staff.

No lesson on 4/7.

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<tr>
<th></th>
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<th>VIRTUAL</th>
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</thead>
<tbody>
<tr>
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<td>$672/$560 MCC district residents</td>
<td>$560/$470 MCC district residents</td>
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</table>

## LYRICAL II

Prerequisite: dance training Senior Company or equivalent experience. New students may have to audition for this class. Students will explore different ways to move their bodies through space using technique and different music.

**Instructor:** Art in Motion Dance Staff.

No lesson on 4/5.

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<thead>
<tr>
<th></th>
<th>IN-PERSON</th>
<th>VIRTUAL</th>
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</thead>
<tbody>
<tr>
<td>Tu, 1/18–6/7 7–8 p.m.</td>
<td>$672/$560 MCC district residents</td>
<td>$560/$470 MCC district residents</td>
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</tbody>
</table>
MUSICAL THEATER JAZZ II
Musical theater dance class combines jazz technique and introduces students to a Broadway style of dance. This class focuses on Intermediate/Advanced jazz warm-up, center floor work, progressions, kicks, leaps, turns, splits and isolations. Your child will be a dancing Broadway star on parent watch day!

Instructor: Art in Motion Dance Staff.

No lesson on 4/6.

ADVANCED SENIOR COMPANY CLASS
(BALLET, TAP & JAZZ)

Prerequisite: dance training in Senior Company or equivalent experience. New students may have to audition for this class. Students advance in training in four dance forms: classical ballet (focusing on coordination, musicality and performance quality) advanced tap, jazz and contemporary.

Instructor: Art in Motion Dance Staff.

No lesson on 4/7.

FENCING
Known as the “physical game of chess,” Olympic sport fencing provides a tremendous physical and mental workout for all ages and athletic abilities. Fencing builds muscle strength, cardiovascular endurance, coordination and speed. The instructor teaches the fundamentals of footwork, handwork and strategy using safety-tipped swords, protective jackets, masks and gloves.

Instructor: Virginia Academy of Fencing.

Equipment rental fee: $49, make check payable to VAF or pay in cash. The fee is due to the instructor on the first day of class.

KNIFE TECHNIQUES

Take this very popular and informative class to learn and practice the techniques that help take the chore out of cooking. Techniques include: deboning a chicken; dicing onions, carrots, peppers, celery and other vegetables; pasting garlic; cutting a selection of fruit. Knife selection, sharpening and care also will be covered. Bring your own knives or use ours. A light meal will be served.

Instructor: Chef Joel Olson.

1 lesson @ 3 hrs
$80/$70 MCC district residents

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Times</th>
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<tbody>
<tr>
<td>1306.322</td>
<td>M, 3/14</td>
<td>10:30 a.m.–1:30 p.m.</td>
</tr>
<tr>
<td>1307.322</td>
<td>M, 3/14</td>
<td>7–10 p.m.</td>
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</tbody>
</table>

THE FISH CLASS

Understand the many different types of fresh water and saltwater fish, round fish and flat fish. Learn cooking methods and techniques (including marinating and grilling) and gain a repertoire of recipes to approach the fish counter with confidence. On the menu: Thai Fish Cakes with Cucumber Dipping Sauce; Potato Wrapped Shrimp with Sauce Americaine; Vietnamese Caramel Salmon with Bok Choi and Rice Noodles; Fresh Smoked Fish Pate with Crispy Wontons; Drunken Fish with Peppers and Onions; Fish Stock.

Instructor: Chef Joel Olson.

1 lesson @ 3 hrs
$80/$70 MCC district residents

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Dates</th>
<th>Times</th>
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<tr>
<td>1308.322</td>
<td>Tu, 3/15</td>
<td>10:30 a.m.–1:30 p.m.</td>
</tr>
<tr>
<td>1309.322</td>
<td>Tu, 3/15</td>
<td>7–10 p.m.</td>
</tr>
</tbody>
</table>
SPRING GRILLING

It is time to fire up the Weber again and enjoy this vastly popular class with Chef Joel. Charcoal grilling will be used but gas grilling will be discussed. On the Menu: Grilled Leek and Portobello Mushroom Salad with Goat Cheese Crostini and Roasted Red Pepper Vinaigrette; Chicken and Chipotle Chile Kofta with Citrus Pesto and Wisconsin Cheddar Polenta; Big Pork Tenderloin, Caramelized Onion and Goat Cheese Sandwich; Grilled Trout Tacos with Charred Tomato Salsa; Grilled Bananas with Strawberry Mousse.

**Instructor:** Chef Joel Olson.

INTERNATIONAL SOUPS AND SANDWICHES

Expand your soup and sandwich repertoire with these soon to be favorite recipes: Japanese Onion Soup with Shiitake and Katsu Sando (Japanese Pork Cutlet Sandwich); Moqueca (Brazilian Seafood Soup) with Bauru (Brazilian Roast Beef Sandwich); Ash-E-Jow (Persian Barley Soup) with Persian Piadine (Watercress, Cucumber and Feta Sandwiches).

**Instructor:** Chef Joel Olson.

THE TARTS CLASS

Work with classic pâte brisée, puff pastry and phyllo while making these decadent tarts: Caramelized Scallop, Goat Cheese and Crispy Prosciutto Tartlets with Dill Cream; Port-Glazed Bacon, Onion and Blue Cheese Tarts; Roasted Tomato, Goat Cheese and Lemon-Basil Tart; Maple-Walnut Tart; Coconut Tartlets.

**Instructor:** Chef Joel Olson.

MEAT & POTATOES

Learn to make: Garlic and Pepper Rubbed Pork Tenderloin Medallions with Gingered Sweet Potato Fries; Blackberry Glazed Chicken Kebabs with Sugar-Browned Potatoes; Frikadellan (German hamburgers) with Sweet Potato and Russet Mash; Beef Stock; Demi-glace.

**Instructor:** Chef Joel Olson.

INTRODUCTION TO BALLROOM DANCE

This introductory class gives brand new dancers a great foundation in footwork, musicality and lead and follow in most of the ballroom and rhythm dances. Each month will focus on a different style of ballroom. Students will learn to Waltz, Foxtrot, Cha-Cha, Rumba and Swing! The instructors for this class are Jeff Virchow and Allie O’Hare who helped train none other than Vernon Davis for his debut on “Dancing with The Stars!”

**Instructor:** Jeff Virchow and Allie O’Hare.

No lesson on 2/21, 4/4 and 5/30.
DOG TRAINING

Dog Solve was started by police and military K-9 instructors to offer the best in dog obedience training methods to the general public. Our courses not only provide training in general obedience, but we offer real-life situational training drills that are realistic to your day-to-day interactions with your dog. We address behavior problems, handling skills and tasks that you will not obtain in our competitor’s courses. As all of Dog Solve instructors are government-certified, K-9 instructors, we offer dog training insight you can’t get anywhere else. For more information, please visit dogsolve.com.

BEGINNER DOG OBEEDIENCE

This basic obedience course is for dogs over the age of six months who have no prior obedience training. Topics of instruction will include heeling on leash, come/recall command, down, sit and stay command. Situational training, related to real-life situations, will be encompassed in this training. Behavior-related problem solving methods will be addressed, as well.

Instructor: Kevin Healy, Police K-9 Unit (Retired).

ADVANCED DOG OBEEDIENCE

This course is offered to all dogs and their owners who have previously attended and completed a basic, introductory dog obedience course. Topics of instruction will cover heeling off leash, extended stay commands, recalls under distraction, down in motion and advanced situational training.

Instructor: Kevin Healy, Police K-9 Unit (Retired).

K-9 NOSE WORK LEVEL 1

No prior training is required. The method taught in this class is the same method used to instruct police and military detector dog handlers. Nose work is a great way to build a better bond with your dogs, stimulate their minds and exercise and improve working and obedience skills. This is a low-impact course that is open to dogs of all ages and teaches handlers needed skills in working search patterns by imprinting one scent odor through a reward-based system that leads to problem solving using a dog’s natural hunt drive.

Instructor: Kevin Healy, Police K-9 Unit (Retired).

REGISTER ONLINE | www.mcleancenter.org
SIX WEEKS TO WELLNESS

Working on health and wellness goals this year? Join Registered Dietitian Kristen McGill, a member of the Healthy Living Team at Giant, for a six-week class to get a jump start. We’ll cover mindfulness, meal planning, stress management and more! Register through MCC or through Giant’s website: giantfood.com/nutrition (under the “Events” tab).

**Instructor:** Kristen McGill, M.S., RDN, CSOWM, L.D.N.

No lesson on 2/21.

INTRODUCTION TO OLYMPIC SPORT FOIL, SABRE AND EPEE

Known as the “physical game of chess,” Olympic sport fencing provides a tremendous physical and mental workout for all ages and athletic abilities. Fencing builds muscle strength, cardiovascular endurance, coordination and speed. The instructor teaches the fundamentals of footwork, handwork and strategy using safety-tipped swords, protective jackets, masks and gloves.

**Instructor:** Virginia Academy of Fencing.

- **SESSION I**
  - 6 lessons @ 1 hr
  - $85/$70 MCC district residents
  - **1952.322**
  - M, 1/24–3/7 8:10–9:10 p.m.

- **SESSION II**
  - 8 lessons @ 1 hr
  - $85/$70 MCC district residents
  - **1953.322**
  - M, 4/18–5/23 8:10–9:10 p.m.

PILOXING

Piloxing is a group exercise class that blends Pilates, boxing and dance. It’s a high-energy interval workout that involves heart-pumping, powerful boxing combinations and sculpting and lengthening Pilates-influenced movements. In classes you wear weighted gloves to add extra resistance.

**Instructor:** Art in Motion Dance Staff.

- **In-Person**
  - 20 lessons @ 1 hr
  - **IN-PERSON 1756.322**
  - Tu, 1/18–6/7 10–11 a.m.

  - **Virtual**
  - **VIRTUAL 1757.322**
  - 10–11 a.m.
### CARDIO, STRENGTH & BALANCE

A custom blend of cardio conditioning suitable for all levels, this training format uses body weight, free weights and balance work to improve coordination, stability and spatial awareness. You will need aerobic shoes, light weights and a yoga mat.

**Instructor:** TBA.

<table>
<thead>
<tr>
<th>Session</th>
<th>Lessons</th>
<th>Duration</th>
<th>Fees</th>
<th>Dates</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
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<td>9 lessons @ 55 mins</td>
<td>$155/$125 MCC district residents</td>
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<td><strong>SESSION II</strong></td>
<td>8 lessons @ 55 mins</td>
<td>$135/$115 MCC district residents</td>
<td>M, 4/11–6/6</td>
<td>10:15–11:10 a.m.</td>
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**1850.322** No lesson on 2/21.

**1851.322** No lesson on 5/30.

### TOTAL FIT

*For all fitness levels.* This moderate intensity, low-impact aerobics program incorporates weight training, core strength, flexibility, balance and body awareness techniques to provide a comprehensive fitness workout. You will need aerobic shoes, hand weights and a mat.

**Instructor:** TBA.

<table>
<thead>
<tr>
<th>Session</th>
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<th>Duration</th>
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<tr>
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<td>9 lessons @ 55 mins</td>
<td>$155/$125 MCC district residents</td>
<td>M, 1/24–3/28</td>
<td>5:30–6:25 p.m.</td>
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<tr>
<td><strong>SESSION II</strong></td>
<td>11 lessons @ 55 mins</td>
<td>$190/$155 MCC district residents</td>
<td>Th, 1/20–3/31</td>
<td>10:15–11:10 a.m.</td>
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<tr>
<td><strong>SESSION II</strong></td>
<td>8 lessons @ 55 mins</td>
<td>$135/$115 MCC district residents</td>
<td>M, 4/11–6/6</td>
<td>5:30–6:25 p.m.</td>
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**1852.322** No lesson on 2/21.

**1854.322** No lesson on 5/30.

**1853.322** No lesson on 5/30.

**1855.322** No lesson on 4/14.

**REGISTER ONLINE | [www.mcleancenter.org](http://www.mcleancenter.org)**
BODY SCULPT

For all fitness levels. Shape and tone upper, middle, and lower body, building and maintaining muscle strength, bone density, endurance, and ease of movement, working all major and minor muscle groups. You will need aerobic shoes, hand weights and a mat.

**Instructor:** TBA.

<table>
<thead>
<tr>
<th>SESSION I</th>
<th>11 lessons @ 55 mins</th>
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<tbody>
<tr>
<td>1857.322</td>
<td>Tu, 4/12–6/7 10:15–11:10 a.m.</td>
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</tbody>
</table>

AEROBIC DANCE WORKOUT

Choreographed routines provide heart-healthy benefits, while sculpting and mat work offer strengthening and stretching. You will need aerobic shoes, light weights, tubing and a mat.

**Instructor:** TBA.

<table>
<thead>
<tr>
<th>SESSION I</th>
<th>11 lessons @ 55 mins</th>
<th>$190/$155 MCC district residents</th>
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<tr>
<td>1858.322</td>
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<thead>
<tr>
<th>SESSION II</th>
<th>9 lessons @ 55 mins</th>
<th>$155/$125 MCC district residents</th>
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</thead>
</table>

CORE CONDITIONING

Target your body’s core musculature, the basis of fitness and injury prevention. Use body weight, balance and strength training exercises to focus on abdominals and back, improving posture and movement confidence. You will need hand weights and a mat.

**Instructor:** TBA.

<table>
<thead>
<tr>
<th>SESSION I</th>
<th>11 lessons @ 55 mins</th>
<th>$190/$155 MCC district residents</th>
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<tr>
<td>1860.322</td>
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<tr>
<th>SESSION II</th>
<th>9 lessons @ 55 mins</th>
<th>$155/$125 MCC district residents</th>
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</thead>
</table>
**ABS & GLUTES**

Over time, our modern, sedentary lifestyle allows our body’s gluteal and abdominal muscles to atrophy and weaken. This class targets, activates, tones, stabilizes and strengthens these key muscle groups. You will need aerobic shoes and light weights, a flex-band and a mat.

*Instructor*: TBA.

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**TAI CHI & QIGONG**

This combination of ancient practices offers health and fitness benefits including improved circulation and immunity, reduced chronic pain and blood pressure, stress calming and enhanced balance and coordination. All levels welcome. Please wear soft-soled shoes and loose, comfortable clothing.

*Instructor*: TBA.

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**KUNDALINI YOGA FOR VITALITY & BALANCE**

Accessible regardless of age or physical ability, this style of yoga uses exercises, breathwork, mantra and meditation to foster vitality in body, balance in mind and openness in spirit. You will need a thick yoga mat and a pillow for floor sitting.

*Instructor*: TBA.
**ACTIVE SENIORS (55+)**

**FITNESS**

**YOGA SCULPT & STRENGTH**

Integrate the advantages of muscle conditioning with the alignment benefits of yoga practice. Bring mind and body into harmony, using breath and focus to work fully with decreased stress and injury. You will need a yoga mat and block.

**Instructor:** TBA.

<table>
<thead>
<tr>
<th>Session</th>
<th>Lessons</th>
<th>Duration</th>
<th>Fee</th>
<th>Start Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>SESSION I</td>
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<td>$190/$155</td>
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<td>SESSION II</td>
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<td>$155/$125</td>
<td>W, 4/13–6/8</td>
<td>11:30 a.m.–12:25 p.m.</td>
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</table>

**YOGA SCULPT & STRENGTH**

**GENTLE YOGA FITNESS**

Enjoy increased flexibility, strength, balance, and energy as you challenge yourself, while respecting and honoring your body. You will need a yoga mat, strap and block, a resistance band, a set of 1- to 2-lb hand weights and water.

**Instructor:** TBA

<table>
<thead>
<tr>
<th>Session</th>
<th>Lessons</th>
<th>Duration</th>
<th>Fee</th>
<th>Start Date</th>
<th>Time</th>
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<td>11:30 a.m.–12:25 p.m.</td>
<td>1873.322</td>
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</table>
STRENGTH & BALANCE

Includes warm-up, strength-building, balance exercises, gentle stretches, and chair-based options. Bring water, dumbbells, resistance “stretchy” bands, and a 6-8-inch diameter ball. Bring a mat. Some exercises will be on the floor.

Instructor: Linda Bernstein.

No lesson on 3/15 and 4/5.

WRITING

WRITING: SHAPING YOUR MEMOIR

Are you writing a memoir and need a helping hand to get it to the next stage? Perhaps you have pressing issues you’d like to discuss, such as time span, theme, organization, what to put in and what to leave out, dealing with relatives’ concerns and more. Share your work with the instructor and participants and discuss your concerns.

Instructor: Dorothy Hassan.

No lesson on 4/5.

SENIORS IN ACTION

Come be a part of the new Seniors in Action program, Mondays through Fridays! There are fun social activities for ages 55+ to keep you engaged, educated and having fun.

SENIORS IN ACTION PLUS*

$180/$130 MCC district residents

1961.322

M–F, 1/18–5/27

*Includes registration for Strength & Balance (1900.322).

Spaces are limited for this pass.

SENIORS IN ACTION

$60/$50 MCC district residents

1960.322

M–F, 1/18–5/27

SENIORS IN ACTION SCHEDULE

MONDAYS

Coffee Social 9:30–10:30 a.m.

Games 11 a.m.–1 p.m.

TUESDAYS

Book Club (Second Tuesday of the month) 9:30–10:30 a.m.

Mah Jongg (Practice & Play) 10:30 a.m.–12:30 p.m.

OFC Games Option (Pool, Table Tennis, Wii) 10:30 a.m.–1:30 p.m.

WEDNESDAYS

Social Speakers 10 a.m.–noon

Continued on the next page.
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>10:30 a.m.–1:30 p.m.</td>
<td>OFC Games Option (Pool, Table Tennis, Wii)</td>
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<tr>
<td>12:30–2 p.m.</td>
<td>Potluck (Last Friday of every month)</td>
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<tr>
<td>12:30–2 p.m.</td>
<td>Bingo! (First Friday of every month)</td>
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<tr>
<td>10:30 a.m.–1:30 p.m.</td>
<td>Throwback Thursdays</td>
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<tr>
<td>9:30–10:30 a.m.</td>
<td>Tea Time</td>
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<tr>
<td>9–10 a.m.</td>
<td>Open Fitness</td>
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<tr>
<td>FRIDAYS</td>
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**MCLEAN COMMUNITY CENTER**

**WINTER/SPRING CLASS SURVEY**

We want your feedback on classes you would like to see at the MCC!

**Scan or click the QR Code** below with a smartphone camera to access the survey.

Complete the survey and get **10% OFF All Winter/Spring Class Registrations!**

Cannot be combined with other offers.
**JANUARY**

**1/1** New Year’s Day (Center Closed)

**1/1-2/19** MPA “Give and Take” and “Intersectional” Painting Exhibitions

**1/6** Foreign Language Movie: “Look Who’s Back” (Germany)

**1/8** Improvicon of Northern Virginia

**1/13** Celebrate Uttarayan/Makar Sankranti (Kite Festival) Virtual Workshop

**1/14** OFC Trip: Monster Mini Golf

**1/14** MLK Day Celebration Performance: Daryl Davis Band

**1/16** MLK Day Celebration Speaker: Daryl Davis

**1/17** MLK Jr. Day (Center Closed)

**1/18** Performing Arts Documentary: “Anatomy of a Male Ballet Dancer”

**1/21** OFC Trip: The Zone

**1/23** D’DAT Concert

**1/24** OFC Trip: Skiing/Snowboarding

**1/26** MCC Governing Board Meeting

**1/28** 5th & 6th Grader Party: A Snowy Shindig

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**FEBRUARY**

**2/3** Foreign Language Movies: “Tsotsi” (South Africa)

**2/4** Virtual Family Trivia Night

**2/6** Perspectives Speaker: Terry McMillan (Virtual)

**2/10** Family Fun Bingo

**2/13** Chamber Music: Beau Soir Ensemble

**2/18** Snack & Paint Night

**2/18** Les Ballets Trockadero de Monte Carlo

**2/21** George Washington’s Day (Center Closed)

**2/23** MCC Governing Board Meeting

**2/24** Performing Arts Documentaries: “Claudio Abbado and the Musicians of the Orchestra Mozart”

**2/25** Sweetheart Parent & Child Dance

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Les Ballets Trockadero de Monte Carlo

REGISTER ONLINE | [www.mcleancenter.org](http://www.mcleancenter.org)
### MARCH

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/1-3/30</td>
<td>MPA Youth Art Exhibitions</td>
</tr>
<tr>
<td>3/3</td>
<td>Foreign Language Movies: &quot;Antonia’s Line&quot; (The Netherlands)</td>
</tr>
<tr>
<td>3/4</td>
<td>OFC Trip: Indoor Trampoline/Summit Ropes</td>
</tr>
<tr>
<td>3/12-13</td>
<td>“Dorothy Meets Alice or the Wizard of Wonderland”</td>
</tr>
<tr>
<td>3/17</td>
<td>Performing Arts Documentaries “Making War Horse”</td>
</tr>
<tr>
<td>3/23</td>
<td>MCC Governing Board Meeting</td>
</tr>
<tr>
<td>3/25</td>
<td>OFC Trip: Dinner &amp; Movie</td>
</tr>
<tr>
<td>3/27</td>
<td>The Judy Carmichael Trio</td>
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<tr>
<td>3/29</td>
<td>Celebrate Chaitra Navratri (Spring Navratri) Virtual Workshop</td>
</tr>
<tr>
<td>3/30</td>
<td>OFC Trip: Top Golf &amp; Movie</td>
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<tr>
<td>3/31</td>
<td>OFC Trip: Dave &amp; Buster’s</td>
</tr>
<tr>
<td>4/1</td>
<td>OFC Trip: Paintball</td>
</tr>
<tr>
<td>4/2</td>
<td>OFC Trip: Urban Air</td>
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<tr>
<td>4/3</td>
<td>OFC Trip: Autobahn &amp; Laser Tag</td>
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<tr>
<td>4/4</td>
<td>Foreign Language Movies: “Amélie” (France)</td>
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<tr>
<td>4/5</td>
<td>Catoctin &amp; Movie</td>
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<tr>
<td>4/6</td>
<td>IN Series: Two World-Premiere Operas</td>
</tr>
<tr>
<td>4/7</td>
<td>Spring Community Trunk Sale</td>
</tr>
<tr>
<td>4/8</td>
<td>Performing Arts Documentaries: “Three Legendary Tenors: Caruso, Gigli and Björling”</td>
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<tr>
<td>4/9</td>
<td>Spring Fest</td>
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<tr>
<td>4/10</td>
<td>Macdonald Performing Arts Scholarship Final Competition</td>
</tr>
<tr>
<td>4/11</td>
<td>Virtual Family Fun Bingo</td>
</tr>
<tr>
<td>4/12</td>
<td>McLean Earth Day</td>
</tr>
<tr>
<td>4/13</td>
<td>Doodle POP</td>
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<tr>
<td>4/14</td>
<td>MCC Governing Board Meeting</td>
</tr>
<tr>
<td>4/15</td>
<td>5th &amp; 6th Grader Party: Luau Party</td>
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### APRIL

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>3/3</td>
<td>Foreign Language Movies: &quot;Antonia’s Line&quot; (The Netherlands)</td>
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<tr>
<td>3/10</td>
<td>5th &amp; 6th Grader Party: St. Patty's Party</td>
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<tr>
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</tr>
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</tr>
</tbody>
</table>
McLEAN PROJECT FOR THE ARTS

DEC. 2, 2021–FEB. 19, 2022

EMERSON GALLERY
Give and Take: Building Form
Works by Emilie Benes Brzezinski, Rachel Rotenberg, Foon Sham and Norma Schwartz

Featuring dynamic abstract sculptural works by four artists who work primarily in wood, this exhibit will explore each artist’s personal vision along with his or her methodology of making. By employing varying degrees of adding and subtracting material—laminating or carving, sawing and sanding—these artists build form by either giving or taking away. The process is highlighted, understood and demonstrated with an eye towards clarifying the genesis and emergence of form.

ATRIUM GALLERY
Intersectional Painting: Works by Sheila Crider

Artist Sheila Crider will exhibit works from an ongoing series that combines painting, drawing, braiding, stitching and weaving to create three-dimensional abstract forms. Through these works, which are both beautiful and evocative, Crider has found an inventive and original process that enables her to visually explore multiple intersections of material, place, tradition, race, gender, history, culture, narrative, art, painting, object and picture.

MARCH 1–30, 2022

EMERSON & ATRIUM GALLERIES

Annual Youth Art Exhibitions
Organized by Fairfax County Public School art teachers from the Langley and McLean Pyramids, these exhibits will feature art made by students from elementary through high school.

McLean Project for the Arts (MPA) is a nonprofit organization that presents the visual arts program for the community at the McLean Community Center (MCC), thanks to a public/private partnership with MCC and Fairfax County.

MPA presents exhibitions of contemporary art and provides education in the visual arts through a program of classes for children and adults, as well as lectures, tours and ArtReach, an outreach program that brings school children and other groups to the gallery for educational programs. MPA presents art classes at MCC in the DuVal Studio and online through ZOOM.

ART GALLERY HOURS:
For the most current information on viewing our exhibitions, please see our website at mpaart.org, email info@mpaart.org or call 703-790-1953.

McLEAN PROJECT FOR THE ARTS STAFF:
Lori Carbonneau, Executive Director
Nancy Sausser, Exhibitions Director
Sharon Fishel, ArtReach Director
Falayi Adu, Finance Director
Deb Bissen, Communications & Public Affairs Director
Briana Clorey, Education & ArtReach Operations Manager
Rachel Ripps, Development Director
Jennifer Wormser, Cultivation & Events Director
Jackie Shepard, Director of Advancement

REGISTER ONLINE | www.mpaart.org
The McLean Project for the Arts (MPA) offers the following art classes and workshops taught by its professional art faculty. To register for MPA art classes, visit mpaart.org.

Please note: In-Person classes may transfer online depending on the future social distancing guidelines of COVID-19.

**PRESCHOOL/TODDLERS (0–5)**

**ABRAKADOODLE TWOOSY DOODLERS**

One parent or guardian must accompany the child to the class. This is a special art experience for toddlers and parents (or other helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating while developing fine motor, language and self-help skills.

**Instructor:** Abrakadoodle Staff.

**Materials fee:** $32 ($24 for 4/16–6/4), make check payable to Abrakadoodle. The fee is due to the instructor on the first day of class.

**Session II** No lesson on Saturday, 5/21 and 5/28.

**SESSION I**
- 8 lessons @ 45 mins
- $130/$120 MCC district residents

**REGISTER AT MPAART.ORG**
- Tu, 2/1–3/22 10–10:45 a.m.
- Sa, 2/5–3/26 10–10:45 a.m.

**SESSION II**
- 6 lessons @ 45 mins
- $105/$100 MCC district residents

**REGISTER AT MPAART.ORG**
- Sa, 4/16–6/4 10–10:45 a.m.

**SESSION II**
- No lesson on Saturday, 5/21 and 5/28.

**ABRAKADOODLE MINI DOODLERS**

Parents or guardians are not required. Children must be potty trained. Children will develop their creativity through lessons carefully designed to ignite their imaginations and development skills. Using real artists’ materials, including watercolors, tempera paints, oil pastels, creative tools and more, your child will create truly unique masterpieces.

**Instructor:** Abrakadoodle Staff.

**Materials fee:** $32 ($24 for 4/16–6/4), make check payable to Abrakadoodle. The fee is due to the instructor on the first day of class.

**Session II** No lesson on Saturday, 5/21 and 5/28.

**SESSION I**
- 8 lessons @ 1 hr
- $140/$130 MCC district residents

**REGISTER AT MPAART.ORG**
- Tu, 2/1–3/22 11:30 a.m.–12:30 p.m.
- Sa, 2/5–3/26 11:30 a.m.–12:30 p.m.

**SESSION II**
- 6 lessons @ 1 hr
- $110/$105 MCC district residents

**REGISTER AT MPAART.ORG**
- Sa, 4/16–6/4 10–10:45 a.m.
**YOUTH (5–12)**

**YOUTH DRAWING & WATERCOLOR STUDIO**

Students will learn and improve drawing skills using oil pastel to create animals, landscapes and more! We will use watercolor techniques to add vibrant color.

**Instructor:** Pamela Saunders.

5–9 YEARS

<table>
<thead>
<tr>
<th>SESSION I</th>
<th>8 lessons @ 1.5 hrs</th>
<th>$185/$170 MCC district residents</th>
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</thead>
<tbody>
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<td>REGISTER AT MPAART.ORG</td>
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</table>

<table>
<thead>
<tr>
<th>SESSION II</th>
<th>7 lessons @ 1.5 hrs</th>
<th>$165/$155 MCC district residents</th>
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<tr>
<td>W, 4/13–5/25</td>
<td>10–11:30 a.m.</td>
<td>REGISTER AT MPAART.ORG</td>
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</tbody>
</table>

**ADULTS**

**BASIC ABSTRACT WITH MIXED MEDIA**

Students of all levels are welcome. Acrylic-based class. Through color, design, composition, theory and the creative process, students will explore abstract drawing and painting through an art-historical lens. We will attempt dynamic mark-making and complex color combinations while developing a personal voice in the realm of abstract painting, while also incorporating mixed media elements.

**Instructor:** M. Jane Johnson.

<table>
<thead>
<tr>
<th>SESSION I</th>
<th>8 lessons @ 2.5 hrs</th>
<th>$310/$290 MCC district residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, 1/31–3/28</td>
<td>10 a.m.–12:30 p.m.</td>
<td>REGISTER AT MPAART.ORG</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>SESSION II</th>
<th>7 lessons @ 2.5 hrs</th>
<th>$270/$250 MCC district residents</th>
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<tbody>
<tr>
<td>M, 4/11–5/23</td>
<td>10 a.m.–12:30 p.m.</td>
<td>REGISTER AT MPAART.ORG</td>
</tr>
</tbody>
</table>

**PORTRAIT AND FIGURE PAINTING**

Some drawing experience is necessary. Come and learn figure painting in oils, acrylics or pastels from a live model. In this class, you will gain knowledge of basic painting concepts and techniques such as value, color temperature, composition and transition. You will be exposed to the different approaches to starting a painting and the theories behind them. Step-by-step instructions will take you through the entire process of a painting. Short demos will be given by the instructor to show how to apply these concepts and techniques.

**Instructor:** Jordan Xu.

<table>
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<tr>
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</tbody>
</table>

Model fee is included in the price. **Session I** No lesson on 2/21.
OIL AND PAINTING STUDIO

A class designed for the continuing painting student at the beginning and intermediate level. Continued practice with paint application, color mixing and composition, with a focus on thematic development. Subject matter will vary as students paint from imagination, memory, photographs or direct observation.

**Instructor:** Tom Morris.

16 YEARS–ADULTS

**SESSION I**

8 lessons @ 2.5 hrs
$310/$290 MCC district residents

**REGISTER AT MPAART.ORG**

Tu, 2/1–3/22 9:30 a.m.–noon

**SESSION II**

7 lessons @ 2.5 hrs
$270/$255 MCC district residents

**REGISTER AT MPAART.ORG**

Tu, 4/12–5/23 9:30 a.m.–noon

PAINTING IN A SERIES

Students will create a series of works leading to a deeper exploration of the subject matter and the development of fundamental painting skills. This course will cover how to develop a series of paintings through journaling, self-discovery, development and critiques. We will work from the subject matter of your choosing. Subject matter might include abstract, still life, landscape or figurative work.

**Instructor:** Marise Riddell.

16 YEARS–ADULTS

**SESSION I**

8 lessons @ 3 hrs
$310/$290 MCC district residents

**REGISTER AT MPAART.ORG**

Tu, 2/1–3/22 1–4 p.m.

**SESSION II**

7 lessons @ 2.5 hrs
$300

**REGISTER AT MPAART.ORG**

Tu, 4/12–5/23 9:30 a.m.–noon

COLOR THEORY

*Classes will be held virtually through Zoom.* This class will change the way you observe the world around you and approach your painting! Learn the properties of color (including hue, value and saturation) and how to mix and apply color effectively. We will build our knowledge of color usage from color wheels and concepts such as atmospheric perspective, exploring the surprising emotional and psychological aspects of color.

**Instructor:** Naomi Chung.

16 YEARS–ADULTS

**SESSION I**

7 lessons @ 3 hrs
$300

**REGISTER AT MPAART.ORG**

Tu, 2/8–3/22 6:30–9:30 p.m.

**SESSION II**

7 lessons @ 3 hrs
$300

**REGISTER AT MPAART.ORG**

Tu, 4/12–5/23 6:30–9:30 p.m.

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**KEY**

- **Mask Required**
- **Virtual**
**WORKING IN YUPO**

Yupo is a plastic paper that provides a challenging and fun surface on which to work with ink and watercolor. It is easier to work on Yupo in abstraction but it can also be used to paint more realistically. Students will enjoy experimenting with drawing and painting in whichever style they choose.

**Instructor:** Marise Riddell.

<table>
<thead>
<tr>
<th><strong>16 YEARS–ADULTS</strong></th>
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<tbody>
<tr>
<td>8 lessons @ 3 hrs</td>
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<tr>
<td>$325/$305 MCC district residents</td>
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<td>W, 2/2–3/23 1–4 p.m.</td>
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**DECORATIVE LETTERING**

*Classes will be held virtually via Zoom.* The class will learn the art of decorative writing on journal pages, cards, envelopes, invitations, recipe cards and anything that students can think of to make them personalized and special. Students will get started in altered block letters, building script letters, botanical borders, illuminated initials, vines and flourishes. During these classes, they will also learn watercolor techniques including graded washes, wet-into-wet, and color mixing.

**Instructor:** Lubna Zahid.

<table>
<thead>
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<tbody>
<tr>
<td>8 lessons @ 2.5 hrs</td>
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<tr>
<td>W, 2/2–3/23 5–7:30 p.m.</td>
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**PAINTING FLOWERS IN WATERCOLOR**

*Classes will be held virtually through Zoom.* Learn the simple secrets of watercolor painting that every artist must know! During these classes, you will study various skills and approaches for painting beautiful watercolors. Make your painting journey more delightful by learning a wonderful range of techniques and textures, with easy, step-by-step instructions.

**Instructor:** Lubna Zahid.

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<tr>
<td>W, 4/13–5/25 5–7:30 p.m.</td>
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**FREEDOM OF WATERCOLOR**

*Classes will be held virtually via Zoom.* Students of all levels welcome. Students will work with changeable subject matter as they develop their ideal style as artists. Elements of design, composition and balance will be discussed. Discover the versatility and fluidity of this medium.

**Instructor:** Barbara Januszkiewicz.

<table>
<thead>
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<tbody>
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<tr>
<td>Th, 2/3–3/24 10 a.m.–noon</td>
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**ADVANCED WATERCOLOR**

*Classes will be held virtually via Zoom.* Work with a master watercolor instructor to develop and build your own style to a professional level. This class will explore Eastern and Western styles of watercolor. This class will help you create pieces for your portfolio. This will be a continued studio class that welcomes both new, and former students.

**Instructor:** Barbara Januszkiewicz.

<table>
<thead>
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<tr>
<td>7 lessons @ 2 hrs</td>
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<tr>
<td>Th, 4/14–5/26 10 a.m.–noon</td>
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</table>
VIBRANT FLOWER PAINTINGS IN OIL

Classes will be held virtually through Zoom. All levels welcome. Capture the beauty of flowers with new techniques! In this class, we will learn how to capture the quality, the feeling, and the spirit of flowers while exposing you to new techniques. You will learn essential techniques for composing and framing—how to create an under painting and block in major shapes, controlling your values, and how to add textures, highlights and shadows to add life-like details.

**Instructor:** Joyce Lee.

<table>
<thead>
<tr>
<th>SESSION I</th>
<th>8 lessons @ 2.5 hrs</th>
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<td>Th, 2/3–3/24</td>
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<table>
<thead>
<tr>
<th>SESSION II</th>
<th>8 lessons @ 2.5 hrs</th>
<th>$255</th>
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<tr>
<td>Th, 4/14–5/26</td>
<td>7–9:30 p.m.</td>
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**DRAWING & PAINTING STUDIO**

For all skill levels. A working studio classroom for beginners, experienced students and artists seeking to improve their skills. This course covers the fundamentals of drawing and painting. More experienced artists will have the opportunity to develop a body of work and receive critique in a creative environment. Students are encouraged to explore their own concepts and styles of expression.

**Instructor:** David Carlson.

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**LAYERED PAPER ART—A NEW ART FORM!**

Beginners welcome! Learn a fun and exciting new art form with the artist who created it! Using hundreds of kinds of paper —gathered from all over the world— you will learn how to create beautifully textured scenes. Students will gain skills in cutting, ripping, and manipulating the papers as they glue them, in layers, to stretched canvas.

**Instructor:** Ronni Jolles.

**Materials fee:** $75 to be paid to the instructor on the first day of class.

<table>
<thead>
<tr>
<th>SESSION I</th>
<th>4 lessons @ 2.5 hrs</th>
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<table>
<thead>
<tr>
<th>SESSION II</th>
<th>4 lessons @ 2.5 hrs</th>
<th>$240/$225 MCC district residents</th>
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<tbody>
<tr>
<td>Th, 5/5–5/26</td>
<td>11 a.m.–1 p.m.</td>
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## AT-A-GLANCE

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Date</th>
<th>Time</th>
<th>Category</th>
<th>Age Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;LOOK WHO’S BACK&quot; (GERMANY) (2015) (NR)</td>
<td>Jan 6</td>
<td>1 p.m.</td>
<td>Foreign Language Movies</td>
<td>17+</td>
</tr>
<tr>
<td>IMPROVICON OF NORTHERN VIRGINIA</td>
<td>Jan 8</td>
<td>7 p.m.</td>
<td>Comedy</td>
<td>13+</td>
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<tr>
<td>CELEBRATE UTTARAYAN/MAKR SANKRANTI (KITE FESTIVAL) VIRTUAL WORKSHOP</td>
<td>Jan 13</td>
<td>6 p.m.</td>
<td>Multidisciplinary</td>
<td>All Ages</td>
</tr>
<tr>
<td>THE DARYL DAVIS BAND</td>
<td>Jan 14</td>
<td>7 p.m.</td>
<td>MLK Celebration/Music</td>
<td>All Ages</td>
</tr>
<tr>
<td>DARYL DAVIS</td>
<td>Jan 16</td>
<td>2 p.m.</td>
<td>MLK Celebration/Speakers</td>
<td>All Ages</td>
</tr>
<tr>
<td>&quot;ANATOMY OF A MALE BALLET DANCER&quot; (2017) (NR)</td>
<td>Jan 20</td>
<td>1 p.m.</td>
<td>Performing Arts Documentaries</td>
<td>All Ages</td>
</tr>
<tr>
<td>D’DAT</td>
<td>Jan 23</td>
<td>4 p.m.</td>
<td>Music</td>
<td>All Ages</td>
</tr>
<tr>
<td>&quot;TSOTSI&quot; (SOUTH AFRICA) (2005) (R)</td>
<td>Feb 3</td>
<td>1 p.m.</td>
<td>Foreign Language Movies</td>
<td>17+</td>
</tr>
<tr>
<td>TERRY McMillan</td>
<td>Feb 6</td>
<td>2:30 p.m.</td>
<td>Speakers</td>
<td>All Ages</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
<td>Category</td>
<td>Age Rating</td>
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<tr>
<td>FEB 13</td>
<td>BEAU SOIR ENSEMBLE</td>
<td>Chamber Music</td>
<td>13+</td>
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<td></td>
<td>Sunday, Feb. 13, 2 p.m.</td>
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<tr>
<td>FEB 18</td>
<td>LES BALLET TROCKADERO DE MONTE CARLO</td>
<td>Dance</td>
<td>13+</td>
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<td>Friday, Feb. 18, 7 p.m.</td>
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<td>Thursday, Feb. 24, 1 p.m.</td>
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<tr>
<td>MAR 3</td>
<td>“ANTONIA’S LINE” (THE NETHERLANDS) (1995) (R)</td>
<td>Foreign Language Movies</td>
<td>17+</td>
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<td></td>
<td>Thursday, March 3, 1 p.m.</td>
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<tr>
<td>MAR 12-13</td>
<td>“DOROTHY MEETS ALICE OR THE WIZARD OF WONDERLAND”</td>
<td>Theatre</td>
<td>13+</td>
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<td>Sat-Sun, March 12–13, 2 p.m.</td>
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<td>Thursday, March 17, 1 p.m.</td>
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<tr>
<td>MAR 27</td>
<td>THE JUDY CARMICHAEL TRIO</td>
<td>Music</td>
<td>13+</td>
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<td></td>
<td>Sunday, March 27, 2 p.m.</td>
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<tr>
<td>MAR 29</td>
<td>CELEBRATE CHAITRA NAVRATRI (SPRING NAVRATRI) VIRTUAL WORKSHOP</td>
<td>Multidisciplinary</td>
<td>13+</td>
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<tr>
<td></td>
<td>Tuesday, March 29, 6 p.m.</td>
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<tr>
<td>APR 7</td>
<td>“AMÉLIE” (FRANCE) (2001) (R)</td>
<td>Foreign Language Movies</td>
<td>17+</td>
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<td></td>
<td>Thursday, April 7, 1 p.m.</td>
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<tr>
<td>APR 8</td>
<td>IN SERIES: TWO WORLD-PREMIERE OPERAS</td>
<td>Music</td>
<td>13+</td>
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<td></td>
<td>Friday, April 8, 7 p.m.</td>
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<td></td>
<td>Thursday, April 14, 1 p.m.</td>
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<tr>
<td>APR 23</td>
<td>DOODLE POP</td>
<td>Theatre</td>
<td>13+</td>
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<tr>
<td></td>
<td>Saturday, April 23, 4 p.m.</td>
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<tr>
<td>MAY 5</td>
<td>“MONGOL: THE RISE OF GENGHIS KHAN” (RUSSIA, GERMANY, KAZAKHSTAN) (2007) (R)</td>
<td>Foreign Language Movies</td>
<td>17+</td>
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<tr>
<td></td>
<td>Thursday, May 5, 1 p.m.</td>
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<tr>
<td>MAY 8</td>
<td>SUZUKI DUO</td>
<td>Chamber Music</td>
<td>13+</td>
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<td></td>
<td>Sunday, May 8, 2 p.m.</td>
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<tr>
<td>MAY 13</td>
<td>“LIVE IN CENTRAL PARK [REVISED]: JAMES TAYLOR”</td>
<td>Music</td>
<td>13+</td>
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<td></td>
<td>Friday, May 13, 7 p.m.</td>
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<tr>
<td></td>
<td>Thursday, May 26, 1 p.m.</td>
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<tr>
<td>JUN 23</td>
<td>GARBA 360 LIVE DANCE INSTRUCTION AND BAND!</td>
<td>Multidisciplinary</td>
<td>13+</td>
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<td></td>
<td>Sunday, June 26, 5 p.m.</td>
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</tbody>
</table>

The Alden follows the latest CDC recommendations to keep you and your family safe. Visit [aldentheatre.org](http://aldentheatre.org) to learn more.
The Alden's "Celebrating Indian Festivals" Series

As part of The Alden's Summer Concert Series in 2022, we will be presenting Garba360, a South Asian social dance experience with live music. An essential component of the nine-day fall Hindu festival, Navratri, Garba is an intoxicating, high-energy folk dance style from the Indian state of Gujarat. This community event has been reimagined for all to participate in the fun any time of the year!

Leading up to this event, The Alden will provide virtual workshops to give context to this celebration and the culture that surrounds it. Because each Indian state has its own cultural traditions, it's impossible to take a "deep dive" into the culture of the whole country in just a few workshops, so we will be exploring some of the ways people from Gujarat mark the transition of seasons.

These workshops are designed for families from all backgrounds to participate in together. We will all learn something, but because these workshops are celebratory events, they can be enjoyed by those who already have family traditions marking these events or those who have never participated in one of these events before. All workshop leaders are of Gujarati heritage and will share their culture with us from their own perspective.

This engagement of Garba360 is funded through the Mid Atlantic Tours program of Mid Atlantic Arts with support from the National Endowment for the Arts.

<table>
<thead>
<tr>
<th>CELEBRATE UTTARAYAN/MAKAR SANKRANTI (KITE FESTIVAL) VIRTUAL WORKSHOP</th>
<th>ALL AGES</th>
<th>✓</th>
</tr>
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<tbody>
<tr>
<td>Thursday, Jan. 13, 6 p.m.</td>
<td>$7/$5 MCC district residents (fee is per device)</td>
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<thead>
<tr>
<th>CELEBRATE CHAITRA NAVRATRI (SPRING NAVRATRI) VIRTUAL WORKSHOP</th>
<th>ALL AGES</th>
<th>✓</th>
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<tbody>
<tr>
<td>Tuesday, Mar. 29, 6 p.m.</td>
<td>$7/$5 MCC district residents (fee is per device)</td>
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</table>

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<thead>
<tr>
<th>GARBA 360 LIVE DANCE INSTRUCTION AND BAND!</th>
<th>ALL AGES</th>
<th>✓</th>
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<tbody>
<tr>
<td>Sunday, June 26, 5 p.m.</td>
<td>Free admission.</td>
<td></td>
</tr>
<tr>
<td>McLean Central Park, 1468 Dolley Madison Blvd.</td>
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</tbody>
</table>
**D’DAT**

*D’datlive.com/home*

D’DAT is a multicultural group that mixes the uniquely American musical traditions of the native southwest, jazz and hip-hop. National touring artist Def-i’s intelligent, poetic lyrics and hip-hop style blend with the hard-driving instrumental fire of trumpet player Delbert Anderson, the deep funk of drummer Nicholas Lucero and the explorative and expanding groove of Mike McCluhan on bass. D’DAT combines it all to give audiences an experience like no other. This modern sound not only attracts listeners but also tells a story of cultural tradition. D’DAT has been featured on NPR, Yahoo, Mic.com, SiriusXM and TEDTalks.

“The swing of the Navajo Heartbeat and the improvisation of Navajo Chants.”
—Smithsonian Magazine

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**THE JUDY CARMICHAEL TRIO**

*www.judycarmichael.com*

Maybe you know her from 20 years on National Public Radio’s “Jazz Inspired” or as one of the world’s best stride pianists. But until you experience her brilliant combo of musicianship on the Great American Songbook, sultry vocals, comedic stories and interplay with her saxophonist/guitarist, you don’t really know Judy Carmichael. Plus, she’s John Eaton recommended!

“Her playing is masterly, and her linking material show her to be a raconteur in the Ustinov mold.”
—BBC Radio

“...astounding, flawless and captivating.”
—New York Times

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**IN SERIES: TWO WORLD-PREMIERE OPERAS**

*https://www.inseries.org*

The world premieres of Brian Arreola’s and Anna Deeny Morales’ new opera “Zavala-Zavala” and an IN Series commission setting the poems of Gabriela Mistral in her original Spanish, as well as in the luminescent English translations by Langston Hughes.

“Zavala-Zavala” tells a story of family separation and survival at the U.S.-Mexican border—inspired by true events—with artists Elizabeth Mondragon, Judy Yannini and Alex Alburquerque. Angel-Gil Ordóñez leads the orchestras of Georgetown University and members of the PostClassical Ensemble.
“LIVE IN CENTRAL PARK [REVISITED]: JAMES TAYLOR”

http://www.leelessack.com

When Lee Lessack and Johnny Rodgers played The Alden with “Simon and Garfunkel [Revisited],” y’all lost your minds. No need to keep begging, we’re bringing them back. Re-live James Taylor’s 1979 Central Park concert with the transcendent harmonies of Lee Lessack and Johnny Rodgers as they pay homage to the unique artistry and indelible music that was celebrated on that monumental night.

“Vocal romanticism of a high order.”
—Billboard Magazine

Friday, May 13, 7 p.m.
$40/$30 MCC district residents

DANCE

LES BALLETs TROCKADERO DE MONTE CARLO

https://trockadero.org

Couldn’t you use a good laugh? “The Trocks” recreate the glories of the Russian Imperial ballet in the biggest pointe shoes you’ll ever see.

“The all-male dance parody troupe is still the funniest and most sophisticated act around.”
—San Francisco Chronicle

Friday, Feb. 18, 7 p.m.
$40/$30 MCC district residents

DOODLE POP

www.brushtheatre.com/doodlepop

A mischievous duo starts to doodle... and ends up creating a whole imaginative world! They invite us along on their sea adventure with a tiny little turtle. What will happen as we follow their vivid drawings into this beautiful watery world, and will they return the turtle to the sea safely? This touching and playful nonverbal show uses live musicians, who perform the accompanying score and sound effects, stunning interactive animation projections, live whiteboard drawings and an abundance of theatrical imagination for anyone aged 3+. Created by BRUSH Theatre of South Korea.

“...inventive and thrilling and completely fantastical. Natural, mythical and comical creatures morph into each other with as little as a flick of a hand or a wave of a pen... as awe-inspiring for the adults as it is for children.”
—Exeunt Magazine

Saturday, April 23, 4 p.m.
$15/$10 MCC district residents
SPEAKERS

TERRY McMILLAN

Presented in Partnership with the Fairfax County Public Library

One of America’s most beloved and critically acclaimed authors, Terry McMillan became the empowering voice of a generation of women with her New York Times #1 bestsellers “Waiting for Exhale” and “How Stella Got Her Groove Back.” Her novels are rich in fearless wisdom, heart-touching characters and unforgettable stories of friendships, healing, intergenerational bonds and women saving their own lives.

A! Sunday, Feb. 6, 2:30 p.m.
Free. Preregistration is required through the FCPL website and begins January 9.

KEY
MASK REQUIRED
OUTDOOR EVENT
FAMILY FRIENDLY
VIRTUAL
FREE ADMISSION
ALL AGES
13+

COMEDY

IMPROVICON OF NORTHERN VIRGINIA

Presented by Dark Horse Theatre Company and (the) Unruly Theatre Project

This event is a real deal competition of multiple improv groups throughout Northern Virginia. The show will feature host Jack Reda, Fools Improv Comedy, Home Improv Mints, (the) Unruly Theatre Project and Calamity Improv. Who will walk away with the title of Improvicon champion of 2022? The Alden’s own (the) Unruly Theatre Project will be the only teen group participating!

A! Saturday, Jan. 8, 7 p.m.
$20/$15 MCC district residents

THE DARYL DAVIS BAND

Daryl Davis is a boogie-woogie pianist who was played with the likes of B. B. King, Chuck Berry and Jerry Lee Lewis. He and his band kick off Dr. Martin Luther King Jr. weekend with an evening of R&B and blues. This is the music that opened the door for Klansmen to befriend a Black man... and eventually hang up their robes.

A! Friday, Jan. 14, 7 p.m.
$30/$20 MCC district residents

DARYL DAVIS

Daryl Davis was playing in a country band when he met and became friends with a Klu Klux Klan member. For the next 30 years, Davis continued to befriend Klansmen and eventually collected 200 robes. Mr. Davis will share his captivating journey to untangle racism, one civil conversation at a time.

A! Sunday, Jan. 16, 2 p.m.
$10/$5 MCC district residents

MLK CELEBRATION
CHAMBER MUSIC

BEAU SOIR ENSEMBLE
Flute, Viola and Harp
Sunday, Feb. 13, 2 p.m.
$10/$5 MCC district residents

SUZUKI DUO
Violin and Piano
Sunday, May 8, 2 p.m.
$10/$5 MCC district residents

MOVIES FOR “GROWN UPS”

All screenings are free, but advance registration is required. Schedule subject to change.

FOREIGN LANGUAGE MOVIES

By popular demand, our foreign language movie series is back! Curated by Performing Arts Director Sarah Schallern Treff, with more than a little help from our audience, the series will pick up where we were so rudely interrupted in 2020, with a few surprises thrown in.

“LOOK WHO’S BACK”
Thursday, Jan. 6, 1 p.m.
(Germany) (2015) (NR)
Adolf Hitler wakes up in the year 2014 in the Berlin park where his former wartime bunker once stood. Running time: 1 hour, 56 minutes.

“TSOTSI”
Thursday, Feb. 3, 1 p.m.
(South Africa) (2005) (R)
An Oscar winner, “Tsotsi” tracks the growth of a hardened young thief, whose childhood has left him alienated from his emotions and his own humanity. The intrusion of a baby into his life brings Tsotsi’s defenses down. Running time: 1 hour, 34 minutes.

“ANTONIA’S LINE”
Thursday, March 3, 1 p.m.
(The Netherlands) (1995) (R)
A Dutch matron establishes and, for several generations, oversees a close-knit, matriarchal community. Running time: 1 hour, 42 minutes.

“AMÉLIE”
Thursday, April 7, 1 p.m.
(France) (2001) (R)
A painfully shy waitress working at a tiny Paris cafe, Amélie makes a surprising discovery and sees her life drastically changed for the better. Running time: 2 hours, 2 minutes.

“MONGOL: THE RISE OF GENGHIS KHAN”
Thursday, May 5, 1 p.m.
(Russia, Germany, Kazakhstan) (2007) (R)
The story recounts the early life of Genghis Khan, who was a slave before going on to conquer half the world in 1206. Running time: 2 hours, 6 minutes.

REGISTER ONLINE | www.aldentheatre.org
PERFORMING ARTS DOCUMENTARIES

Learn a little about the performing arts through these one-hour (or so) documentaries. Safety permitting, join Performing Arts Director Sarah Schallern Treff for a discussion after.

“ANATOMY OF A MALE BALLET DANCER”
Thursday, Jan. 20, 1 p.m.
(2017) (NR)

“THE ORCHESTRA—CLAUDIO ABBADO AND THE MUSICIANS OF THE ORCHESTRA MOZART”
Thursday, Feb. 24, 1 p.m.
(2014) (NR)

“MAKING WAR HORSE”
Thursday, March 17, 1 p.m.
(2009) (NR)

“THREE LEGENDARY TENORS: CARUSO, GIGLI AND BJÖRLING”
Thursday, April 14, 1 p.m.
(1999) (NR)

“AMERICAN HASI”
Thursday, May 26, 1 p.m.
(2019) (NR)

THE 2022 JAMES C. MACDONALD PERFORMING ARTS SCHOLARSHIP COMPETITION

Each year, the McLean Community Center recognizes the hard work and talent of young performing artists through the James C. Macdonald Performing Arts Scholarship Competition. Following a preliminary round and final round of competition, three prizes (1st place, $1,200; 2nd place $800; and 3rd place, $400) are awarded in each of four categories: dance, theater, instrumental music and vocal music.

Who can apply: High school students who reside in the MCC tax district (Small District 1A-Dranesville) are eligible to apply.

Application forms and information about the preliminary round are available online at www.aldentheatre.org.

- Students may enter in more than one category but must submit an application form for each.
- A nonrefundable, $20 fee is required for each application form submitted.

Application Deadline: Friday, Jan. 28.

Preliminary Round: Week of Feb. 7.

Final Competition: Wednesday, April 20, 8 p.m.

If you have any questions about the James C. Macdonald Performing Arts Scholarship Competition, please contact Danielle Van Hook at danielle.vanhook@fairfaxcounty.gov.

The online application will be available in December, 2021 at www.aldentheatre.org.

Unruly Improv (UTP) is The Alden’s professional teen improv company dedicated to bringing comedic performances to the community. Members audition to be in the company for one season and are paid for each performance or workshop they do for the community. Upcoming performances can be found at: mcleancenter.org/performing-arts/unruly-theatre-project.

UTP also provides free improv workshops to qualified area nonprofits. Workshops are an hour in length and can be individualized for age or experience level.

Questions? Email: danielle.vanhook@fairfaxcounty.gov.
THE ALDEN'S 2022 YOUTH PRODUCTION

“Dorothy Meets Alice or The Wizard of Wonderland”

Two of literature’s most famous young ladies meet at last when a young man puts off his book report until the last minute. Suddenly in a strange place, somewhere between Oz and Wonderland, familiar characters like the Cowardly Lion, the Mad Hatter, the Scarecrow and the White Rabbit need his help to unscramble their stories and avoid the Wicked Witch and the Red Queen. This hilarious, adventurous romp is filled with laughter and surprise at every turn.

AUDITIONS

Open Auditions: Tuesday and Wednesday, Jan. 18–19, 7–9 p.m.

Callbacks (Invitation Only): Thursday, Jan 20, 7–9 p.m.

Who can audition: Students between the ages of 10 and 16 who live in the MCC tax district.

Rehearsals: Tuesdays, Wednesdays and Thursdays, 7–9 p.m., from late January through early March.

Audition forms are available at aldentheatre.org.

Additional rehearsals may be required if deemed necessary by the director and producer. Because making theater is a group activity, attendance at each rehearsal, tech rehearsal and performance is mandatory unless approved in advance by the producer.

If cast, actors are required to pay a participation fee of $150/per actor.

PERFORMING ARTS CLASSES

IMPROV FOR KIDS AND TEENS 8-16 YEARS

This class is suitable for both beginners and those who have taken improv classes in the past. Improv comedy is a great way for kids and teens to express themselves and gain confidence. Focusing on creativity and teamwork, The Alden’s improv comedy classes for youth teach improv fundamentals such as “yes, and” in a supportive environment.

SESSION I: Class participants will perform during (the) Unruly Theatre Project’s show on Friday, March 4, at The Old Firehouse Center.

SESSION II: Participants will perform a class showcase at MCC on the last day of class.

REGISTER ONLINE | www.aldentheatre.org
THE OLD FIREHOUSE
MONDAY-FRIDAY, 9 A.M.–6 P.M. • 1440 CHAIN BRIDGE RD., MCLEAN, VA. 22101
OLDFIREHOUSE.ORG • 703-448-TEEN (8336)

The Old Firehouse Center (OFC) provides an incredible experience and safe atmosphere for 7th-12th graders. Participants will enjoy exposure to new recreational activities and develop social skills under the supervision of professionally experienced staff members who facilitate organized activities, daily clubs and day trips. Teens can enjoy their time at the Old Firehouse after school, during school breaks and at Friday night activities and trips to fun destinations.

TRIP COORDINATOR TAKAYLA CARTER
LEAD FACILITATOR BENJAMIN BARBER
ACTIVITY FACILITATORS DANIEL DEGUEFU, JACOB DELORIEA, ANTON DEROsa, MARION PENA

OLD FIREHOUSE MEMBERSHIP

Memberships are open to 7th-12th Graders.

Registration for the 2021-2022 school year began June 14, 2021, and is ongoing.

To join, drop off a completed and signed Participant Contract, accompanied by your payment, to OFC. Participant Contracts are available at the Old Firehouse and online. For additional information, visit www.oldfirehouse.org.

*Please note that late FCPS bus pickup for Longfellow Middle School begins at 4:15 p.m. on Mondays, Wednesdays and Thursdays. Students are encouraged to utilize the FCPS late bus before calling the OFC for pickup. Otherwise, students must call OFC prior to 3:30 p.m. to arrange for same-day pickup. Any requests made after 3:30 p.m. will not be accommodated by OFC staff.

Membership Benefits:
• Daily Snack and Drink
• Themed Clubs (Cooking, Fitness, Art, Gaming)
• Computer Lab Access
• Pet Therapy Monthly (Every 3rd Friday)
• Homework/Study Assistance
• Transportation from Cooper Middle School and Langley High School. *Fairfax County Public Schools’ (FCPS) buses provide transportation from Longfellow Middle School and McLean High School.
• Discounted Friday Night Trip Fees
• Valid until June 10, 2022

M–F, 3.5 hrs
$325/$300 MCC district residents

REGISTRATION IS REQUIRED
8/23/21–6/10/22 2:30–6 p.m.
FRIDAY NIGHT ACTIVITIES

Register your kids for our Friday Night Activities to enjoy a much-needed date night or come to our family programs for some wholesome fun. Old Firehouse members and non-members can register. Prices vary based on activity. Preregistration is highly recommended.

MONSTER MINI GOLF
$50/$40 OFC Members
5305.322
F, 1/14  4–10 p.m.

DINNER & MOVIE
$50/$40 OFC Members
5306.322
F, 3/25  4–10 p.m.

THE ST. JAMES
$60/$50 OFC Members
5307.322
F, 5/6  4–10 p.m.

AFTER 7 DANCE
The Old Firehouse presents After 7; a themed party that includes raffles, contests, catered food and drinks. One of the hottest DJs in the DMV will be playing the hottest hip-hop, top 40 and dance hall tracks, plus your requests. Get ready for some fun and join us... After 7.

3 hrs
$5 per person.
Preregistration is recommended.
4712.322
F, 6/3  7–10 p.m.

5TH & 6TH GRADER PARTIES
Old Firehouse 5th and 6th Grader Parties are themed and decorated accordingly. Free catered food and beverages will be distributed to participants. Parties feature a DJ, an open dance floor and a variety of activities. Preregistration is recommended.

ST. PATTY’S PARTY
2.5 hrs
$35/$25 OFC Members
4603.322
F, 3/11  7–9:30 p.m.

A SNOWY SHINDIG
2.5 hrs
$35/$25 OFC Members
4602.322
F, 1/28  7–9:30 p.m.

LUAU PARTY
2.5 hrs
$35/$25 OFC Members
4604.322
F, 4/29  7–9:30 p.m.

To volunteer: Parents who wish to volunteer for parties must submit an email request to Aaron Greene at oldfirehouse@mcleancenter.org. Please include your name, your child’s name and a home address. Volunteer hours are 6:30-9:45 p.m. Each parent volunteer receives one free admission for his or her child. Volunteer spots are limited.
# Family Events at the Old Firehouse

## Family Fun Bingo
Join us for an evening of fun and prizes! Enjoy free popcorn and winners will take their pick of prizes!

<table>
<thead>
<tr>
<th>All Ages</th>
<th>2.5 hrs</th>
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<tbody>
<tr>
<td>$15/$10 MCC district residents</td>
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<td>4709.322</td>
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<tr>
<td>F, 2/11</td>
<td>7–9:30 p.m.</td>
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## Virtual Family Fun Bingo
Join us for a virtual evening of fun and prizes. Winners will take their pick of themed prize packs. Preregistration is recommended.

<table>
<thead>
<tr>
<th>All Ages</th>
<th>2.5 hrs</th>
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<tbody>
<tr>
<td>$5 for 5 cards</td>
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<td>4711.322</td>
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<tr>
<td>F, 4/22</td>
<td>7–9:30 p.m.</td>
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## Virtual Family Trivia Night
Gather the family and test your trivia knowledge virtually with the Old Firehouse. Participants will have the chance to win delicious prizes.

<table>
<thead>
<tr>
<th>All Ages</th>
<th>2 hrs</th>
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<tbody>
<tr>
<td>$5 per family of 4</td>
<td></td>
</tr>
<tr>
<td>4708.322</td>
<td></td>
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<tr>
<td>F, 2/4</td>
<td>7–9 p.m.</td>
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</tbody>
</table>

## Family Trivia Night
Gather the whole family and come test your trivia knowledge with the Old Firehouse Family Trivia Nights. Participants will enjoy unlimited popcorn with the chance to win a delicious prize! Preregistration is recommended.

<table>
<thead>
<tr>
<th>All Ages</th>
<th>2 hrs</th>
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<tbody>
<tr>
<td>$5 per family of 4</td>
<td></td>
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<tr>
<td>4712.322</td>
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<tr>
<td>F, 5/13</td>
<td>7–9 p.m.</td>
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</tbody>
</table>

## Snack & Paint Night
Whether you are a beginner or an expert, love snacks or want to get your hands dirty with some paint, come on down to the Old Firehouse for our Snack and Paint Night. Led by a professional art teacher, you will be able to create your own masterpiece with your family while having tons of fun doing so. All materials and snacks are included in the fee. Preregistration is recommended. Register online at oldfirehouse.org or call OFC at 703-448-TEEN (8336), TTY: 711

<table>
<thead>
<tr>
<th>All Ages</th>
<th>2 hrs</th>
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</thead>
<tbody>
<tr>
<td>$5 per person</td>
<td></td>
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<tr>
<td>4710.322</td>
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<td>F, 2/18</td>
<td>7–9 p.m.</td>
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TEACHER WORKDAY TRIPS

THE ZONE

$65/$55 MCC district residents

8403.322

F, 1/21 8 a.m.–6 p.m.

Join us at The Zone and have a blast with the latest in high-tech gaming, including multi-level adventure themed laser tag, boutique cosmic bowling and 37 awesome arcade games. Admission to all activities and lunch are included in the fee. Bring additional money for snacks and arcade credits as desired.

SKIING/SNOWBOARDING

$140/$120 MCC district residents

8404.322

M, 1/24 8 a.m.–6 p.m.

Let’s hit the slopes! Ski/Snowboard rental, lift ticket, and charter bus transportation are included in the fee. For more details, please visit oldfirehouse.org.

INDOOR TRAMPOLINE/SUMMIT ROPES

$70/$60 MCC district residents

8405.322

F, 3/4 8 a.m.–6 p.m.

Test your bouncing dodgeball skills, discover your ninja abilities or just jump for fun at this unique indoor facility! We will get some lunch, then practice our rope skills at Summit Ropes. A signed waiver is required for participation. Appropriate exercise clothing required.

TOP GOLF & MOVIE

$60/$50 MCC district residents

8406.322

F, 4/1 8 a.m.–6 p.m.

Join us at Top Golf and practice your swing. Work on your golf technique, play games and enjoy some good food. The end of our day will be spent enjoying a movie at a nearby theater. Lunch will be included.

SPRING BREAK TRIPS

DAVE & BUSTER’S

$70/$60 MCC district residents

8501.322

M, 4/4 8 a.m.–6 p.m.

Buffet lunch and a $25 game card with unlimited arcade game play are included. Bring additional money for ticketed arcade games as desired.

PAINTBALL

$70/$60 MCC district residents

8502.322

Tu, 4/5 8 a.m.–6 p.m.

Lunch, games of paintball and equipment are included. A signed waiver is required for participation. Bring additional money for extra food and ammo as desired.

URBAN AIR

$70/$60 MCC district residents

8503.322

W, 4/6 8 a.m.–6 p.m.

Urban Air is Maryland’s newest indoor adventure park and includes indoor sky diving, go-karts, trampolines, sky rider, rock climbing and more.

AUTOBAHN & LASER TAG

$95/$85 MCC district residents

8504.322

Th, 4/7 8 a.m.–6 p.m.

Lunch and races are included in the fee. A signed waiver is required by for participation.

CATOCTIN & MOVIE

$70/$60 MCC district residents

8505.322

F, 4/8 8 a.m.–6 p.m.

Admission, lunch, and movie ticket is included in the fee. Bring additional money for extra food, souvenirs, or movie concessions as desired.

OLD FIREHOUSE FACILITY RENTALS

The Old Firehouse offers a unique setting for any party or event. Renting at the Old Firehouse includes access to our dance floor, game room, café, and Wi-Fi, with additional use of our tables, chairs and kitchenette appliances. Upgrade your experience by adding complete usage of the big screen TV or the new dance lights. Reservations are accepted six months in advance, on a first-come, first-served basis. You must call to make an appointment to view the Old Firehouse. For details, forms and rates go to mcleancenter.org/teens/about/rentals or call 703-448-8336, TTY: 711.
REGISTRATION PROCESSING

EASY WAYS TO REGISTER

ONLINE
Just click on the pink “Register” button in the upper right corner of any page of our website, or on a seven-digit activity number, which will link you to our online registration system. Online registration begins at midnight on the registration start date.

MAIL
Mail a completed registration form with payment in the form of a check, money order or credit card to:
McLean Community Center
Attn: Registrar
1234 Ingleside Ave.
McLean, VA 22101.

IN PERSON/DROP OFF
You may register in person at the Center from 8 a.m. to 5 p.m., Monday through Friday. At other times, drop a completed registration form and payment (in the form of a check or money order, or by completing the credit card information on the form) into the registration box.

REGISTRATION BEGINS
• Registration begins Dec. 6 and is ongoing. All mail-in and drop-off registration forms received before the designated registration date will be processed on the designated date.
• Instructors may not accept registrations or extend verbal commitments.

PAYMENT
• Payment is due at the time of registration in the form of a check, money order or credit card (American Express, Discover, MasterCard, or Visa) number with expiration date. If paying by check, please make payable to McLean Community Center, unless otherwise noted.
• Receipt confirmations will be emailed. If no email address is provided, receipt confirmations will be mailed.

SENIOR DISCOUNTS
• Senior citizens (age 60 and older)
• are eligible to receive a ten (10) percent discount on classes except where noted.

MATERIALS FEE
• All materials fees are due to the instructor on the first day of class, unless otherwise noted.

REFUND POLICY
• All withdrawals, refund and cancellation requests must be submitted in writing to registrar@mcleancenter.org

• Patrons who submit refund requests 14 days or more before the start date of a class or activity, will be granted a refund. Refunds requested less than 14 days before the start date of the class or activity will not be granted.

FEE WAIVERS
• MCC offers fee waivers to qualified tax district residents requesting to participate in programs or services at a reduced rate or at no cost. For more information on how to apply for a fee waiver, contact the MCC Registrar at 703-744-9365, TTY: 711, or by email at registrar@mcleancenter.org.

RESTRICTIONS
• Once a class, camp or activity is in session, refunds may be granted only for medical reasons or for extenuating circumstances as determined by the General Programs Director and the Registrar. Medical requests must be accompanied by a doctor’s note (verification).

MATERIALS FEE
• All materials fees are due to the instructor on the first day of class, unless otherwise noted.

ABSENCES FROM CLASS
• The Center is not obligated to make up classes due to absences and personal scheduling conflicts. However, each instructor has her/his own make-up policy; arrangements for make-up classes are scheduled through individual instructors. Please do not contact the Center.

HOLIDAYS & INCLEMENT WEATHER
• See MCC’s holiday schedule on our website (mcleancenter.org).
• The class program follows Fairfax County Public Schools’ inclement weather policy. In case of inclement weather, check our website (mcleancenter.org), call 703-790-0123, TTY: 711 (hearing impaired), or listen for cancellation information on local radio stations.
• Classes canceled due to inclement weather will be rescheduled, if possible. If not, a prorated refund will be issued.

ADA ACCOMMODATIONS
• To make arrangements for accommodations in accordance with the Americans with Disabilities Act (ADA), please mark the appropriate box on the registration form so the Center may contact you to ascertain your needs.
• Request should be made no fewer than 14 working days prior to the start to of the activity by calling Christian Hayes at 703-744-9351.

EARLY REGISTRATION DISCOUNT
• Register for any class or event between Dec. 6-12 and receive 10% off your registration fees. Cannot be combined with any other offers.

McLEAN COMMUNITY CENTER | 703-790-0123
Please make checks payable to McLean Community Center.
Staple checks for class fees to this form.
Mail or bring form to: McLean Community Center, 1234 Ingleside Ave., McLean, VA 22101.
To register online or to submit an application by e-mail, visit our website: www.mcleancenter.org.

PHONE: 703-744-9365, TTY: 711

(E-mail: ___________________________)

(Agent or Parent Name)         -last         -first         -D.O.B

HOME PHONE ___________________________

ADDRESS ___________________________

CITY ___________________________

STATE ___________________________

ZIP ___________________________

☐ MCC TAX DISTRICT RESIDENT  ☐ NONRESIDENT  CELL PHONE (optional) ___________________________

Have you registered to receive our e-mail newsletter? ☐ YES ☐ NO
Would you like to? ☐ YES ☐ NO

How did you hear about this class/activity? ____________________________________________

Name as it appears on card (please print): ____________________________________________

☐ MC  ☐ AMEX  Credit Card #: ___________________________

☐ VISA  ☐ DISCOVER

Signature ___________________________  Expiration date ___________________________

To become a member of Friends of the McLean Community Center, you may charge your $25 tax-deductible membership at www.FriendsMCC.com or you may enclose a separate check made payable to Friends of MCC with this registration.

The McLean Community Center reserves the right to photograph and videotape all of its activities, events, classes, programs and facilities for promotional purposes.
I have read and agree to participate in the activity/event according to the registration procedures stated on page 56: _______

(Please initial here)
McLEAN EARTH DAY

ACT LOCALLY

Saturday, April 23

This outdoor environmental action event is designed to provide McLean residents an opportunity to create a healthier planet. Shred, reuse, recycle and replenish, and make McLean an even better place by acting locally.

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