

AROUND THE ROUSE CENTER

A weekly newsletter brought to you by the Jeff Rouse Swim and Sport Center

7.12.18

Top stories in this newsletter



Last Long Course Meet of the Season!



Stafford Race Series



Register for Before and After Care!



Important Dates to Note

Swim Meet This Weekend



We are hosting our final long course meet of the season! The modified pool schedule for the weekend is as follows:

Friday: The Recreation and Competition Pool will be open from 5am-6:45am, closed from 6:45am-5pm, and open from 5pm-9pm.

Saturday: The Recreation and Competition Pool will be open from 5am-6:45am, closed from 6:45am-6pm, and open from 6pm-6:45pm

Sunday: The Recreation and Competition Pool will be closed all day.

The Wellness Pool will operate under normal hours all weekend.

Stafford Race Series this Fall



Stay focused and committed to your running throughout the fall with the Stafford Race Series! Register for the full series to save on registration fees. Complete all three races and receive a special race series medal and t-shirt. There's a long course series for adults and youth and a short course series for kids!

Cannon Run 4 Miler & 1K Kids Run - September 9th

Halloween 5K & Monster Mile - October 27th

Frosty 5K & Reindeer Run - December 15th

www.tourstaffordva.com/stafford-race-series/

Registration Open for B&A Care 2018-19



The Rouse Center is proud to offer Before & After School Care for H.H. Poole Middle School and Winding Creek Elementary School. Your child will be picked up/dropped off right at the center and will have an opportunity for homework time, outdoor play, gym time, arts & crafts and much more!

The program hours are 6am – 6pm. Weekly Rates:

Before Care Only - Members \$45, Non-Members \$55

After Care Only - Members \$50, Non-Members \$60

Before and After Care - Members \$90, Non-Members \$105

Upcoming Events!



August 20-26 - All pools closed for annual maintenance

September 16 - REV3 Sprint Triathlon, Aquabike, Kids Tri

For more information: rev3tri.com/stafford

October 27 - Halloween 5K and Monster Mile

December 15 - Frosty 5K and Reindeer Run followed by the Stafford Christmas Parade and Christmas in Stafford

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