

AROUND THE ROUSE CENTER

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

6.28.18

Top stories in this newsletter



The Rouse Games Are Ending Soon



4th of July Information



Important Aquatics Updates



Summer Sessions of Dance

The Rouse Games end Saturday!



If you have started competing in the Rouse Games, you have until Saturday at 7pm to complete your attempts at the 10 events. It has been awesome to watch and support everyone competing. The Rouse Games will return every June, so if you missed them this year, start training for 2019!

A reminder that challenges can be attempted twice per exercise per day. For more information, talk to any Fitness Assistant. Hit 10, 20 or 30 points to earn a t-shirt!

4th of July Holiday Schedule



The Rouse Center will be open from 7am-2pm on Wednesday, July 4th, so you can still get your workout in or spend time swimming here with your family and friends! The pools will close at 1:45pm.

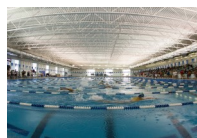
Group Exercise Schedule for the 4th:

Cycling 9:15am

Zumba 9:15am

Pure Strength 10:15am

Important Aquatics Information



We will be performing our annual maintenance of all three pools August 20-26. All pools will be closed during this time frame and will reopen Monday, August 27 at 5am as long as all maintenance and repairs are completed. We are striving to keep our pools in top condition for years to come!

Masters Swimming will be off for the entire month of August and will resume practices in September. Stay in the loop by joining the Rouse Center Masters Swimming Facebook group or contact Brendan at bwilliamson@rousecenter.com to join the e-mail list.

The final long course meet of the summer will be held July 13-15. We will post modified pool hours once we receive the meet timeline.

Swing and Zumbini Summer Sessions



Learn to swing dance this summer! You'll learn the fundamentals of this fun, energetic dance style in no time. Singles and partners are welcome and the 4 week session will begin July 12.

Zumbini is back for a summer mini session! Zumbini is specifically designed for children ages 0-3, with a caregiver, and combines music, movement, and early childhood education to provide non-stop bonding and fun! Classes begin July 7 and July 11.

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