

AROUND THE ROUSE CENTER

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

6.8.18

Top stories in this newsletter



The Rouse Games Are Here



Dance and Move With Us!



Masters Swimming Registration



Water Safety Day & Swim Challenge

The Rouse Games are on ALL MONTH LONG!



Are you one of Rouse's fittest? Find out and put your body to the test by signing up for the Rouse Games! There is a total of 10 challenges including running, various lifts, rowing, and swimming. Reach certain point levels to achieve Elite, Pro, or Legendary status and you'll be rewarded with a t-shirt. The top male and female point earners will receive the JRSSC Champion's Trophy! Registration is only \$10 and you can register online or at the front desk.

Each activity must be completed at the Rouse Center and the weigh-in and activity must be witnessed and approved by a Fitness Assistant. Challenges can be attempted twice per exercise per day. For more information, talk to any Fitness Assistant.

Zumbini Mini Session, Ballet, and Swing Social



Get ready to shake, rock, and roar with your little one! Zumbini is specifically designed for ages 0-3 with a caregiver and combines music, movement, and education with non-stop bonding and fun! Experience the science of early childhood development and the magic of Zumba.

Two sessions are available starting July 7th: Saturday mornings at 11:30am or Wednesday afternoons at 12:30pm. Register at the front desk or online.

Ballet is continuing this summer and Session I begins in July for ages 3-13. Learn ballet fundamentals, develop techniques, and learn basic dance moves and choreography. Space is limited, so register soon!

Our Swing Social and Luncheon is TODAY! Swing dance will start at 11:15am followed by lunch served by our café staff at 12:30pm. Lunch will include a pasta dish, salad, and a drink.

\$10 Members \$25 Non-Members

TONIGHT - Adult Ballet at 7:15pm - See you there!

U.S. Masters Swimming



Our Masters Swim Team practices are underway and we want YOU to join us! USMS welcomes swimmers of all abilities, whether they're looking to improve their overall fitness, swim just for fun, develop technique, or just learning to swim for the first time.

Stay in the loop by joining our Rouse Center Masters Swimming Facebook group or contact Brendan at bwilliamson@rousecenter.com to get on the Masters e-mail list.

Water Safety Day & Summer Swim Challenge



Join us on June 22nd starting at 10am for Water Safety Day! We are partnering with Stafford County Parks and Recreation to help your children prepare for a safe summer around the pool, ocean, or river. Practice boat safety in canoes and kayaks, learn about the importance of sunscreen and life jackets, and be educated on how to act safely in aquatics situation. Please preregister at www.rousecenter.com.

Do you think you can swim across the Panama Canal this summer? Our Summer Swim challenge begins June 18th and ends September 3rd. To earn a t-shirt, you must swim 48 miles during this time frame. Grab a workout partner and complete the challenge together!

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