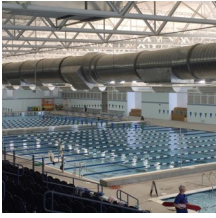


# AROUND THE ROUSE CENTER

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

5.31.18

## Top stories in this newsletter



NCAP Swim Meet this Weekend



Sprint Triathlon - Price Increase June 1st



Summer Youth Sports and Camps



Upcoming Events

## Swim Meet June 1-3 - Modified Pool Schedule



We are hosting a swim meet this weekend! NCAP is the #1 swim team in the country and we are proud to be their host facility. The recreation and competition pool will be operating under a modified schedule this weekend. The wellness pool will be open as scheduled.

**Friday** - The competition pool will close from 12-2pm to change to long course. The recreation pool and competition pool will be closed from 4:15pm-8pm.

**Saturday** - The pools will open early for lap swimming from 5am-6:30am. The recreation and competition pool will be closed the remainder of the day.

**Sunday** - The recreation pool and competition pool will be closed all day.

Thank you for your understanding and good luck to all swimmers this weekend!

## Beat the Price Increase!



Register TODAY to beat the price increase on June 1st! There is something available for the entire family with the youth triathlon, aquabike or relay team options, as well as the Sprint Tri to choose from.

The Sprint Triathlon will consist of a 400m swim, 10 mile bike, and a 5K run. Find a buddy to train with this summer, grab your neighbors and friends, and enjoy a triathlon right here in Stafford!

## Summer Youth Sports and Camps



This summer keep building your child's soccer skills and social development by enrolling them in the Summer Session of Lil' Kickers! Classes are available Wednesday evenings from June 20th-August 22nd. If your child is ready to give tumbling a try, sign them up for Lil Tumblers! The summer session will begin July 10th and you can choose a Tuesday or Thursday class.

Some of our camps are already full, so register soon to reserve a spot in camp this summer! We have the following camps still available:

June 18-22: Half Day Golf Camp, Full Day Basketball Camp

July 9-13: Sylvan Learning Science Camp

July 16-20: Soccer Camp, Volleyball Camp

July 23-27: Soccer Foot Skills Camp, Basketball Camp

July 30-Aug. 3: Soccer Elite Training Camp, Basketball Camp

August 6-10: Full Day Golf Camp

## Upcoming Events



June 8th - Swing Dance Social, 11:15am, Luncheon 12:30pm

June 8th - Adult Ballet, 7:15pm

June 16-18 - Swim Meet

June 18 - First week of Summer Camp!

July 13-15 - Summer Awards Swim Meet

September 16 - REV3 Sprint Triathlon

Jeff Rouse Swim and Sport Center  
info@rousecenter.com  
1600 Mine Road, Stafford, VA 22554  
(540) 318-6332

www.rousecenter.com



In partnership with:

