

# AROUND THE ROUSE CENTER

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

10.29.18

## Top stories in this newsletter



Masters Swim Club



Pickleball



Junior Fitness



Save the Date

## Masters Swim Club



Are you a lap swimmer? Come join our Masters Swim Club offered at no additional cost to our members. Coaches will be showing up periodically to check in with everyone, and this is a great workout group. Practices are Monday - Thursday 5:30-6:45 am and Saturday 9:30 - 10:45 am. There are 3 different levels of workouts available at each practice.

## Pickleball



Come join our Pickleball Club! Now OPEN PLAY all 3 days and it's free for all members. The session will be running through May 2019. New to the sport? Drop by for one of the intro classes offered on the first Friday of every month from 12:30pm - 2:30pm. The club meets from 12:30pm - 3:30pm on Tuesdays, Thursdays, and Fridays.

## Junior Fitness



Do you have a youth that's 11-15 who is interested in using the fitness center? Our next Junior Fitness class is about to begin and is open for registration. The program length is 6 sessions total, offered 3x/week for 2 weeks from November 5th - 16th. The duration of the classes will be approximately 60 minutes with 15-20 minutes of discussion and 40-45 minutes of exercise activity. Register today at [rousecenter.com](http://rousecenter.com).

## Upcoming Events / Reminders!



**Lil Kickers** - Online registration for the Winter Class session January 5th - March 9th now open online.

**Lil Tumblers** - Registration for Session 2 October 30th - December 12th now open online.

**Swim Meet** - November 2nd, 3rd, and 4th. The recreation Pool will remain open throughout the weekend.

**Lifeguarding Classes** - Visit [rousecenter.com](http://rousecenter.com) for more info.

November 17th & 18th (Pre-test November 8th)

December 15th & 16th (Pre-test December 6th)

Jeff Rouse Swim and Sport Center  
[info@rousecenter.com](mailto:info@rousecenter.com)  
1600 Mine Road

Stafford, VA 22554  
(540) 318-6332

[www.rousecenter.com](http://www.rousecenter.com)

