

# AROUND THE ROUSE CENTER

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

10.7.18

## Top stories in this newsletter



Think Pink



Upcoming Swim Meet



Zumba In Pink



Save the Date

## Think Pink



Wear pink to Group Exercise classes or to the Fitness Center October 8-14 to show your support for Breast Cancer Awareness Month. Those that participate will be entered into a drawing for **PINKTASTIC** prizes and the Grand Prize of a free Personal Training session! Just check in with your Group Exercise Instructor or the Fitness Assistant on duty to be entered.

## Upcoming Swim Meet



Our first swim meet of the season is upon us. Saturday, Oct. 13th and Sunday, Oct. 14th our pools will have limited availability due to the meet. We will be opening up early, for **POOLS ONLY**, on Saturday, Oct. 13th for member usage from 5am - 6:45am. At 6:45am the pools will close for the remainder of the day. On Sunday, Oct. 14th the pools will be closed until 3pm at which point they will reopen for member usage until close at 6pm. The Wellness Pool will operate under regular hours.

## Zumba In Pink



Shake, move, and Groove! Let's make every step count for breast cancer awareness. Our Zumba In Pink Breast Cancer Awareness Benefit will be Oct. 13th at 4:30pm. Doors will open at 4:15pm. There will be 2 hours of body rockin' moves, and electrifying sounds. We will have 10 amazing Zumba instructors, a live DJ, refreshments, and of course some great door prizes. All \$10 donations will benefit Mary Washington Breast Cancer Support Center. Register today at [rousecenter.com](http://rousecenter.com).

## Upcoming Events / Reminders!



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

Oct. 20th & 21st (Pre-test Oct. 11th)

Nov. 17th & 18th (Pre-test Nov. 8th)

Dec. 15th & 16th (Pre-test Dec. 6th)

**Lil Tumblers** - Session 2 registration is now open for Oct. 30th - Dec. 12th. Check out our website for more details.

**Monster Mile / Halloween 5k** - Oct. 27th. Remember to register ahead of time online at [racetimingunlimited.com](http://racetimingunlimited.com).

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