

AROUND THE ROUSE CENTER

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

11.2.18

Top stories in this newsletter



Youth Ballet



Junior Fitness



Turkey Trim & Tone 14 Day Challenge



Save the Date

Youth Ballet



Do you have a little ballet dancer in your family? Come join us November 7th - 28th. Our pre-ballet class, for ages 3-4, is held on Wednesdays at 10:30am or 4:30pm. This class will focus on basic skills, terminology, rhythm, and coordination. They will practice and develop skills through creative movement, music, and mime in a supportive and supervised environment. Our beginning-ballet class, for ages 5-9, is held on Wednesdays at 5:15 pm. This class will focus on the development of elementary habits and movement coordination. Barre and center exercises are stressed with special attention to proper body alignment and the use of the arms and head. The foundation for basic turns and small jumps is begun. Member rate: \$50, Non-member rate: \$63 Register today at rousecenter.com.

Junior Fitness



Do you have a youth ages 11-15 that 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. Member rate: \$60, Non-member rate: \$75. Register today at rousecenter.com.

Turkey Trim & Tone 14 Day Challenge



Stay fit this holiday season and blast calories away! The challenge will run November 7th - 21st. Open to all ages! All you need to do is workout on the treadmill, elliptical, recumbent bike, bike, rower, or step machine daily for a minimum of **ONE MILE** and enter to win one **FREE** month of membership, plus other cool prizes. It's easy to participate, simply take a picture of your workout summary and report total mileage to the fitness assistant on duty. Let's burn those holiday calories!

Upcoming Events / Reminders



Lil Kickers - Online registration for **new sign-ups** for the January session will open October 20th.

Lil Tumblers - Registration for Session 2, which runs from October 30th—December 12th, is now open. Check our website for more details.

Lifeguarding Classes - Visit rousecenter.com for more info.

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

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

Moove & Groove Social - December 5th, 11:15am, Members: \$10; Non-members: \$15

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