

AROUND THE ROUSE CENTER

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

7.20.18

Top stories in this newsletter



Junior Fitness—August Session



Downgrade Your College Students Now



Register for Before and After Care!



Important Dates to Note

Junior Fitness



Register now for the August Session of Junior Fitness! Junior Fitness is for youth ages 11-15 and will allow them to workout alongside you. The program length is 6 sessions total, offered 3x/week for 2 weeks.

Participants will be educated on the following topics: The Benefits of Cardio, Muscles and Movement, Effects of Sugar, Healthy Eating, Gym Etiquette, and Making Your Own Workout.

Don't Forget to Downgrade Your College Students



Do you have a child heading off to a university this fall? Don't forget to downgrade them off of your membership for the school year. This must be completed by the end of July in order for August to be the final month of their membership. Just stop by the front desk on your next visit, and we will be happy to assist you.

Registration Open for B&A Care 2018-19



The Rouse Center is proud to offer Before & After School Care for H.H. Poole Middle School and Winding Creek Elementary School. Your child will be picked up/dropped off right at the center and will have an opportunity for homework time, outdoor play, gym time, arts & crafts and much more! The program hours are 6am – 6pm. Weekly Rates:

Before Care Only - Members \$45, Non-Members \$55

After Care Only - Members \$50, Non-Members \$60

Before and After Care - Members \$90, Non-Members \$105

Upcoming Events / Reminders!



Swim the Panama Canal – There is still time to register! Going through Sept 3

Weekly Workout– Ask a Fitness Assistant!

Tuesday's Outdoor Boot Camp Class– Now held in the studio for the remainder of July.

Adult Ballet - Beginning Aug 9th, Thursdays at 7:15pm. Register at the front desk.

Aqua Zumba Summer Social - Aug 16 at 11:30am. Register at the front desk.

August 20-26 - All pools closed for annual maintenance.

September 16 - REV3 Sprint Triathlon, Aquabike, Kids Tri
For more information: rev3tri.com/stafford

October 27 - Halloween 5K and Monster Mile

December 15 - Frosty 5K and Reindeer Run followed by the Stafford Christmas Parade and Christmas in Stafford

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



www.rousecenter.com