

AROUND THE ROUSE CENTER

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

8.10.18

Top stories in this newsletter



Blood Drive



Collect for Kids!



Couch 2 - 5k



Important Dates to Note

Blood Drive!



We are hosting a Blood Drive on Monday, August 20th from 3-7pm. There is a special need for blood types A, B, and O so please consider donating! The American Red Cross will be here to assist you. You are the #MissingType we need. Your donation saves lives!

Collect for Kids!



We are proud to be an Official Drop-off location for the SCPS Collect for Kids! Anything you can donate to help a child in need is appreciated! The last drop-off date for supplies is August 21st! Please help us fill the box located at the front desk by check-in.

Couch 2 - 5k!



Are you ready for the Halloween 5k on October 27th? Would you like to work with a running coach to train for the race? If so, check out our 6-week Couch - 2 - 5K Training Program. This program is open to everyone, from beginners to experienced runners. The group will meet at the Rouse Center every Saturday morning from 8-9, beginning September 22nd. Registration is \$25 for members and \$35 for non-members. Each session includes a discussion of various running training tips by a coach. Register today at the front desk!

Upcoming Events / Reminders!



Ladies Locker Room Closed – Aug 20 & 21 for maintenance. Family locker rooms will be available for your use.

August 17– The regularly scheduled Zumba Gold class at 11:15am will be canceled in lieu of the Aqua Zumba Summer Social.

Adult Belly Dance Class - Friday, Aug 24th at 7pm

August 20-26 - All pools closed for annual maintenance (the Wellness pool will only be closed the 25th-26th)

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

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