

# AROUND THE ROUSE CENTER

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

8.24.18

## Top stories in this newsletter



Masters Swimming



Pickleball Update



Labor Day Hours



Save the Date

## Masters Swimming



Great news! Beginning in September, our Masters Swimming program will now be offered as a club, and therefore, no additional cost to our members. Coaches will be showing up periodically to check in with everyone, and this will be a great workout group. Practices will continue to be Monday - Thursday 5:30-6:45 am and Saturday 9:30-10:45 am. We will have 3 different levels of workouts available at each practice.

## Pickleball Club



Come join our Pickleball Club! Free for all members. The next session will run September 2018 - May 2018. 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. During the season, the club will always meet from 12:30pm - 3:30pm on Tuesdays for Open Play, Thursdays for Competitive Play, and Fridays for Social/ Beginner Play.

## Labor Day Schedule



The Rouse Center will be operating on a modified schedule in observance of the Labor Day holiday on Monday, September 1st. The facility will be open from 7am - 2pm. All areas of the facility will be open throughout this time. We will only be offering the 9:15am Kettlebell class, 9:15am Cycle class, and the 10:15am Cardio and Core class. We wish everyone a safe and happy holiday!

## Upcoming Events / Reminders!



**Pools Remain Closed** - The Wellness Pool and Recreation pools will reopen Monday morning. The Competition Pool will not reopen until Wednesday due to unexpected delays.

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

**Fall Back Into Fitness Event** - Free Family Event on Saturday, September 8th from 9am - 10:30am. Ask the front desk for details!

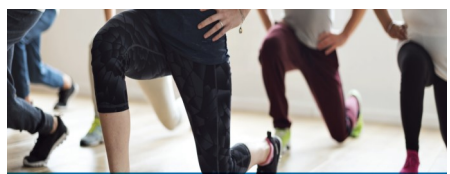
**Adult Ballet** - Begins September 13th on Thursdays at 7:15pm. 4 week session. Members, \$50; Non-Members, \$63

**September 16** - REV3 Sprint Triathlon, Aquabike, Kids Tri

For more information: [rev3tri.com/stafford](http://rev3tri.com/stafford)

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

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



**Stafford Hospital**  
MWHC [Stafford.mwhc.com](http://Stafford.mwhc.com)

*Here for You.*