

# AROUND THE ROUSE CENTER

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

8.3.18

## Top stories in this newsletter



Swim Meet Saturday



Session 1 - Home School Program



Lil Monster Ballers Basketball



Important Dates to Note

## Swim Meet This Saturday



We will be hosting one of the Rappahannock Swim League Finals on August 4th from 7 am – 4 pm. They will be using the deep half of the Competition Pool and there will be increased traffic in the pool area and the facility. However, the shallow half of the Competition Pool and the Recreation Pool will be available to members during the swim meet.

## Home School Program Gym & Swim



Our Home School Program is back with a Flag Football theme for the fall 2018 season. Session 1 will begin September 10, and run through October 22. We will meet on Mondays from 1-2:30pm in the gym and Wednesdays or Thursdays in the pool from 1-2:30pm. The member rate is \$36, and our non-member rate is \$48. Space is limited, so just stop by the front desk on your next visit, and we will be happy to help you register.

## Lil Monster Ballers Basketball



Lil' Monster Ballers is a child development program that focuses on teaching the fundamentals of basketball to inexperienced players ages 5-12 years old. It is an eight week curriculum designed to teach your child the necessary skills, dedication, teamwork, and passion required to become a Monster Baller on and off the court. The program is divided into three different age groups, the Gnomes 5-6 years old, the Ogres 7-8 years old, and the Trolls 9-12 years old. Just stop by the front desk to register your Lil Baller!

## Upcoming Events / Reminders!



**1/2 Basketball Court Closed** – Mon Aug 6, Tues Aug 7, & Wed Aug 8

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

**Sunrise Yoga** – on Tuesdays at 5:15 am will go off the schedule for the month of August and will return in September.

**Weekly Workout** – Ask a Fitness Assistant!

**Adult Ballet** - Beginning Aug 9th, Thursdays at 7:15pm

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

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

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

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

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