

AROUND THE ROUSE CENTER

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

9.14.18

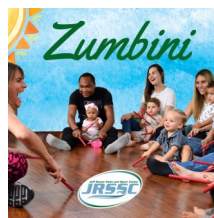
Top stories in this newsletter



Squat Challenge



Home School Program
Water Workout



Zumbini



Save the Date

Squat Challenge



Are you ready for the next Rouse Challenge? Want to fire up your lower body and push your endurance to the next level? How many squats can you achieve in 2 minutes? See a fitness assistant for the instructions and a test. This challenge is for all levels. There will be only 1 test per day counted. The challenge begins on September 17th. Our winners will be chosen by top male and female in each category: ages 16-24; 35-49; and 50 and up.

Home School Program Water Workout



Our 5 week fall session is about to begin on September 20, and will run through October 18th, on Thursdays from 1-2:30pm. Each session will cover structured water time that will include games, races, and competitions to reinforce skills. The member price is \$56.25, and non-member price is \$75. Stop by the front desk to register today!

Zumbini



You asked about it, and it is back! The next Zumbini session for you and your little ones will begin on September 24th. Classes will be held on Mondays at 10:30am. Classes are designed for ages 0-3 years old with a parent or caregiver. The unique program combines movement, music, and education with non-stop bonding and fun! The member price is \$75, and the non-member price is \$90. Register at the front desk today!

Upcoming Events / Reminders!



Fun Fab Fridays - 7:15 - 8:05pm in the Group Ex Studio
Sept. 14th: Funtensity
Sept. 21th: Maximum
Sept. 28th: Hot Hula

Couch to 5k - **ONLY 8 MORE DAYS TO REGISTER!!!**
Begins Sept. 22nd, 8-9am. Stop by the front desk for more details.

Pickleball Open House - Sept. 28th 1-3pm. Open to all. There will be playing time, prizes, and fun.

Now Hiring - Check out our website for details

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

www.rousecenter.com

