

# AROUND THE ROUSE CENTER

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

9.21.18

## Top stories in this newsletter



Couch to 5K



Lil Monster Ballers Basketball



Zumbini



Save the Date

## Couch to 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 to 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 8-9am, beginning September 22nd. Registration is \$25 for members and \$35 for non-members. Each session includes a discussion of various training tips by a coach. Register today at the front desk!

## Lil Monster Ballers Basketball



Lil Monster Ballers begins Sept. 27th, and runs through Nov. 17th. It is a child development program that focuses on teaching the fundamentals of basketball to 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. Member rate \$75; Non-Member rate \$100. Visit our website to register your Lil Baller today!

## Zumbini



Last chance to register for the next Zumbini session for you and your little ones. It 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 nonstop bonding and fun! The member price is \$75, and the non-member price is \$90. Visit our website to register today!

## Upcoming Events / Reminders!



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

**Zumba in Pink Breast Cancer Awareness Benefit**- Oct. 13th at 4:30. Check out our website for more details. Doors open at 4pm

**Swim Meet** - Oct. 13th & 14th.

**Lil Tumblers** - Session 2 registration is now open for Oct. 30th - Dec. 12th. Check out our website for more details.

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

www.rousecenter.com

