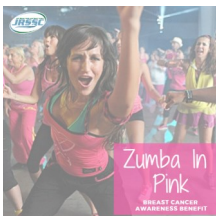


AROUND THE ROUSE CENTER

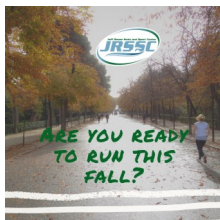
A weekly newsletter brought to you by the Jeff Rouse Swim and Sport Center

9.28.18

Top stories in this newsletter



Zumba In Pink



Are You Ready to Run



Lil Monster Ballers



Save the Date

Zumba In Pink



Shake, move, and Groove! Let's make every dance step count for Breast Cancer. Our Zumba in Pink Breast Cancer Awareness Benefit will be Oct. 13th at 4:30pm. Doors will open at 4:00pm. There will be 2 hours of body rockin' moves and electrifying sounds. We will have 10 amazing Zumba instructors, a live DJ, refreshments, and some great door prizes. The event will benefit Mary Washington Breast Cancer Support Center. Register now at rousecenter.com.

Are You Ready to Run This Fall?



If you, or your kids, are looking for a running group to join, we have a few happening now to choose from. For adults, we're offering our Couch to 5K program to get you ready for the Halloween 5K. Training started last week, but it is not too late to join. This group meets Saturdays from 8-9am through Oct. 20th. Our Youth Running Club starts Monday and will meet Mon. and Wed. from 6pm - 6:45pm (Minimum of 15 registrants needed! Register at the front desk.). On October 3rd at 7pm, join our Fitness Assistant, Juan, as we discuss plans for our weekly runs with the Rouse Center Running Group. Remember to sign up for our races on Oct. 27th and Dec. 15th. Details and registration for all of these events and programs can be found at rousecenter.com.

Lil Monster Ballers



Lil Monster Ballers begins this week, and runs through Nov. 17th. This eight week curriculum focuses on teaching the fundamentals of basketball to players ages 5-12 years old. Classes are held on Thursdays or Saturdays. Member rate \$75; Non-Member rate \$100. Visit our website to register your Lil Baller today!

Upcoming Events / Reminders!



Fab Fridays - Sept. 28th at 7:15pm - Hot Hula

Swim Meet - Oct. 13th & 14th - POOLS WILL BE CLOSED BOTH DAYS!

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

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