

# AROUND THE ROUSE CENTER

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

9.7.18

## Top stories in this newsletter



Lots Happening in the Center



Youth Running Club



Fall Back Into Fitness Event



Save the Date

## Lots Happening in the Center



Wondering why the center is so busy these days? We have several programs that began this week. The swim season is back in action with teams practicing in the afternoons and evenings. Swim lessons are in full swing. Our Before and After School Care program is under way now that Stafford County schools are back in session. Home Schoolers are here in the daytime for activities in the pools and gym. Some of our more popular Group Fitness classes are being held in the gym. Junior Fitness begins Sept. 10th. Lil Tumblers and Lil' Kickers begin on Sept. 11th. Youth Ballet begins on Sept. 12th, and Adult Ballet begins Sept. 13th.

## Youth Running Club



Need some training for one of our upcoming races this fall? Come join our Youth Running Club! This is open to youth ages 7-12 years old who have registered for either the Monster Mile or Halloween 5k. The club will meet on Mondays and Wednesdays from 6-6:45pm from Oct. 1 - Oct. 24. This club is free for members and \$40 for non-members. Stop by the front desk to register.

## Fall Back Into Fitness Event



Need a jump start to the school year? Join us Saturday, Sept. 8th for our "Fall Back Into Fitness" event! This is a free fitness event for the entire family. It will be held in the gym from 9am - 10:30am. It is free and open to all Rouse members ages 7 and up. There will be 10 fitness stations, raffle drawings, and a plank-a-thon. Come join us for the fun!

## 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

**Sept. 16th** - REV3 Sprint Triathlon, Aquabike, Kids Tri

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

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



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