

## **JEFF ROUSE SWIM AND SPORT CENTER**

### **MEMBERSHIP GUIDE**

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

**[info@rousecenter.com](mailto:info@rousecenter.com)**



Welcome to the Jeff Rouse Swim and Sport Center

The Jeff Rouse Swim and Sport Center is Stafford County's premiere family health and wellness facility. Opened in May 2016, the Center features three pools including a 50-meter Olympic-size competition pool, a 25-yard recreation pool with water features for kids, a wellness pool heated to 88 degrees, a full-size basketball court, fitness floor, kids' club with activities, group fitness/cycling studios, and a full-service café.

The Rouse Center is proud to feature a Stafford County Olympian Wall of Fame in its lobby area. The Jeff Rouse Swim and Sport Center is named after Stafford's most decorated and successful swimmer, Jeff Rouse. He began swimming at the age of 5 at the Ferry Farm Swimming Pool in Stafford and by 1986 was chosen Rookie of the Meet at his first U.S. National Championship.

Please take a moment to stop at the Wall of Fame to read about Jeff's Olympic successes, as well as the Olympic successes of Stafford's own Conrad Adams in the Pentathlon, Anthony "Buddy" Lee in Greco-Roman Wrestling, Arlene Limas in Martial Arts, and Roxane (Conrad) Thompson in Sports Pistol Shooting.

Across from the Stafford County Olympian Wall of Fame is a display case honoring the late Mark Lenzi, an Olympic gold medalist in diving. This display details the diving success of this Stafford native who, during his career, became the first diver to score over 700 points on the three-meter springboard for 11 dives. This surpassed Greg Louganis's 1983 World Record for highest ever score. The Mark Lenzi Diving Well at the Rouse Center is named in his honor. Take a moment to view the display case and view the Olympic pins from athletes around the world.

## **ADDRESS/LOCATION**

The Rouse Center is located at 1600 Mine Road in Stafford, VA. Take exit 140 off of I-95, and head west on Courthouse Road for approximately 1 mile, turn right onto Mine Road, then make your first left into the Embrey Mill Sports Complex.

## **HOURS OF OPERATION**

The Rouse Center is open Monday through Friday from 5 am – 10 pm, Saturday from 7am-7pm and Sunday from 8am-6pm. We are open most holidays from 7 am-2 pm but are closed on Easter Sunday and Christmas Day. The pools open at the same time as the facility and close one hour prior to the building hours on weeknights and 15 minutes prior to building hours on weekends. Please check the website for our café hours.

## **INCLEMENT WEATHER**

The Rouse Center will make decisions on opening the facility and conducting any specific classes or programming on a case-by-case basis. Our utmost priority is the safety of our employees and members when it comes to inclement weather. Our website and facebook page will be updated a half-hour prior to scheduled opening with information regarding any delays and cancellations, and by 3pm for any modifications to evening schedules.

## **RESTROOMS AND LOBBY**

Our restrooms and lobby seating area are for members, prospective members, and paying guests of the Rouse Center. The outdoor fields have their own restrooms for patrons utilizing the fields; they are located behind the playground.

## **DRESS CODE**

Shirts and shoes must be worn at all times outside of the pool/locker room area. Wearing only swimsuits outside of the pool area is not permitted. Proper fitness attire is required in the facility. No cleats of any kind are allowed inside the building.

## **SMOKING/VAPING POLICY**

The Rouse Center is a smoke-free facility. The use of tobacco products is not permitted within 75 feet of the building.

## **LOST AND FOUND**

Lost and found items are kept at the front desk for two weeks. If items are unclaimed after two weeks they are donated to local charities. Water bottles are kept for one week before they are disposed of.

## **WIFI**

Free Wi-Fi is available throughout the building for our members to use. The network is called “member wi-fi” and the password is RouseMembers2017. The Wi-Fi does not reach onto the pool side of the building.

## **FIRST AID**

First Aid kits are available on the pool deck, in the café, at the front desk and on the fitness floor. Minor incidents will be tended to and an accident report will be completed by the Manager on Duty. The Center is equipped with two AEDs: one mounted onto the column in front of the café and the other on the pool deck behind the diving boards near the competition pool. Bags of ice are available from the café if needed. We must complete an accident report for all care administered, including dispensing band aids and ice.

## AGE RESTRICTIONS THROUGHOUT THE FACILITY

Anyone age 15 and under must have an adult 18 or older present in the facility **at all times**. Children are not to be left unattended anywhere in the facility while the parent works out. We offer a J-Club program for members between the ages of 10 weeks and 12 years-old.

**J-CLUB:** 10 weeks- 12 years-old, 2-hour limit per day

**BASKETBALL COURT:** 13 years-old: parent must be in facility, does not have to be on court w/them. If 12 or younger, parent must remain in the gymnasium with the child at all times.

**FITNESS FLOOR:** MUST BE 16 to use free weights. Children ages 11-15 may use the fitness floor **after** successfully completing our Junior Fitness program (see page 6 for more details on Junior Fitness). Upon completion, the youth can use all equipment except free weights: youth ages 11-13 must have adult guardian present on the fitness floor while exercising, youth ages 14-15 must have adult guardian present in the facility while exercising.

**GROUP EXERCISE:** Youth over age 14 may take classes provided a parent is in the facility.

**YOUTH GROUP EXERCISE CLASSES:** 5-13, **parent must be in the facility during class.**

**POOL:** Children 10 years-old and younger must have parent in pool area. Children 11-13 years-old must pass a lifeguard-administered swim test to be in the pool area without a parent but the parent must remain in the facility.

## LOCKER ROOMS

Our locker rooms are intended for changing and showering before and after your workout. Men's and women's rooms are available, as well as family locker rooms. Family locker rooms are located in the wet corridor (the green tiled area) leading to the pools. Please use the family locker rooms for your older children. **Parents with children of the opposite sex who are older than 5 years-old should use the family locker rooms.**

To use the lockers you bring your own either combination or keyed padlock. There is no fee to use the lockers during your workout. If locks are left on a locker overnight, we will post a notice on the locker and you will have three days to remove the lock and the contents; after three days the lock will be cut off, contents placed in a bag in Lost and Found for two weeks. Please do not leave items in lockers without a lock on them as the Rouse Center is not responsible for any items left in lockers either locked or unlocked. If you would like to rent them by the month, a full locker (\$15/month) or half locker (\$10/month) can be reserved at the front desk.

If you forgot your lock we do have a few available you can borrow at the front desk for no charge. Please sign it out then sign it back in before you leave.

Mini-lockers are available near the café if you only have keys, a phone or a wallet to secure while you work out. You set your own code so no lock is required!

The countertops in the locker rooms are not to be used for seating.

## WET FEET

For the safety of everyone in the building, **DO NOT WALK OUT OF THE WET CORRIDOR WHEN WET!** Water shoes must be taken off when leaving the pools or the wet corridor and replaced with dry shoes. Wet bodies, swimsuits, shoes, etc., must be dried off before you walk out of the pool area, wet corridors, or locker rooms.

## **CAFÉ**

The Rouse Center Café is a full-service dining outlet available to both members and non-members. With an inviting seating area and a wide array of menu options, the café offers everything from salads to burgers and smoothies as well as a menu for kids. We also offer grab and go items such as parfaits, muffins and bagels. The café provides food and beverage for birthday parties held at the Rouse Center. A variety of options are available when you book the party. The café is open daily, please check the website for current hours. We offer a variety of items and often offer specials of the week or smoothies of the month to introduce healthy options to our members. The cafe seating area is intended for our members to relax either before or after a workout.

## **OUTSIDE FOOD & BEVERAGE**

No outside food and beverage are permitted in the facility. Water bottles and coffee are permitted and can be refilled at the water fountains throughout the facility or at the café.

## MEMBERSHIPS

Rouse Center memberships are structured to build your own family membership. Each member must be living at the same address as the primary member of the family and they must be an immediate family member. Our rates are based on both your county of residence (Stafford County residents receive a discounted rate) and your age. The oldest member of the household will always be the primary member. Primary members pay the full rate and can then “add-on” family members at discounted rates. This flexibility allows you to not be locked into a long-term agreement and to upgrade/downgrade at anytime. Only two adults/seniors per household may be on one family membership so if there are two 50-year-old members and they want to add on a 75-year-old parent in the same household, the elder member must purchase his/her own membership. The oldest family member will be the primary member on the account.

- Enrollment fees are a one-time fee payable the date you sign up for the membership. Individual members paying the individual enrollment fee must wait 30 days before adding-on other family members to the membership or can pay the \$50 early upgrade fee to add them sooner than 30 days.
- Memberships are month-to-month and roll over automatically each month until you notify us in writing that you wish to cancel. All changes to memberships must be in writing through the front desk and must give a minimum of 30-day notice for changes to take effect.
- If you need to change your payment information (new credit card, new bank account) a membership payment update form can be completed at the front desk. This must be completed 7 days prior to the next scheduled draft.
- Any payments returned from the bank will incur a \$25 insufficient funds fee (NSF fee).

## **FREEZING A MEMBERSHIP**

We offer the opportunity to freeze your membership once per calendar year. You can freeze for any reason (common ones include extensive travel or medical reasons) but the freeze must be for a minimum of 60 days and a maximum of 90 days. No exceptions. On the 91<sup>st</sup> day, the membership will revert to active and your regular billing cycle will resume with the next scheduled draft. The freeze fee is \$20 per family, payable at the time the freeze is requested. During the freeze period, you will not be billed your monthly dues and you will not be allowed to use the facility. If you want to end your freeze between the 61<sup>st</sup> and 90<sup>th</sup> days, you must notify us in writing at [info@rousecenter.com](mailto:info@rousecenter.com) at least 24 hours prior to ending the freeze.

## **DOWNGRADES**

There is no fee to downgrade your membership by removing affiliated members from your account. We cannot fulfill downgrade requests via telephone or email. You will need to complete a *Membership Change Form* at the front desk a minimum of 30 days prior to the date you want the membership to end. Once you submit the downgrade request you will have one final charge for the downgraded family member(s).

## **TERMINATION**

You can terminate your membership at any time and for any reason; we simply need a 30-day notice. Since the memberships are month-to-month you are not locked into a long-term contract so you can cancel without hassle. There is no fee to terminate an entire family membership. To do so, you must complete a *Termination Form*, available at the front desk. You will have **one final draft** once you submit your termination request and you will have access to the Rouse Center every day for the period for which you have paid. We do not prorate the final month of a membership.

## **SWIMMING POOLS**

With three pools to serve our members and the community, The Rouse Center can accommodate open swim, lap swim, swim lessons, water fitness, year-round and high school swim teams, and birthday parties all under one roof. Each of our pools offers a different experience depending on what type of swimming or entertainment you are seeking.

- Our Olympic-size Competition Pool is 50 meters x 25 yards. In yards, the pool has 22 tiled lanes of 25 yards, and in meters, the pool has 8 tiled lanes of 50 meters. The water is kept around 80° for optimal lap swimming. It goes from a depth of 6'7" to 12'6" and has two 1-meter diving boards. The diving boards are open during scheduled times; please check the pool schedules for the availability.
- The Recreation Pool is 6 lanes of 25-yards, plus a zero-depth entry to a kids' area with a mushroom and water features. The water is heated to 84°. Lap swimming, water fitness classes, family swim activities and more will be held in this pool. Open swim means you can play/swim/walk in this area. Lap swim means only lap swimming allowed. You may also request that water features be turned on when swimming or diving lessons or water fitness classes are not in session.
- Our Wellness Pool is intended for adult relaxation. Heated to 88°, the pool is great for water walking, stretching or just plain relaxing on the bench with jets. It has ramp access and goes from a depth of 2'6" to 4'6". Open swim times are always posted outside the pool, on our website, and at the front desk. Please check the open swim times prior to your arrival. Open swim is for adults 18 years and older.

Absolutely no food or drink is permitted inside the pool areas. This includes on the pool deck and in the bleachers. Shoes, shirts and shorts are required outside of the pool area. Per health department regulations, diaper changes are not permitted on the pool deck or in the bleachers. You must use the locker rooms for diaper changes.

To access the pool area, patrons should enter through either the locker rooms or the wet corridor. All guests prior to entering the pool should take a shower before entering the water.

Our pool schedules change approximately every 6 weeks. The lane availability schedules are posted online and at the front desk and the lifeguards can assist you with questions on the schedule. Please view the schedule prior to your visit so you know how many lanes are available at various times. During busier scheduled times, a green cone placed at the end of a lane indicates that lane is available for lap swim.

## **SWIM LESSONS**

The Rouse Center offers private and semi-private swim lessons. Group lessons are available either through Stafford County Parks and Recreation or Little Fish Swimming.

## **SWIM MEETS**

We are proud to be the premiere destination for regional swim meets, drawing swim families from the mid-atlantic region to Stafford County. When the Rouse Center hosts swim meets, pool space will be limited and closures will occur. Depending on the meet schedule, we will adjust the pool hours to provide members with access to the pools outside of the regularly scheduled hours as often as possible. Advanced notice with hours will be posted inside the facility as well as on the website the week prior to the meet.

## FITNESS FLOOR

Our 5,000 square foot fitness floor offers various cardiovascular equipment including treadmills, ellipticals, bikes, stair climbers and more. We also house a variety of resistance equipment including free weights (up to 100 pounds), cable pulleys, selectorize strength machines, and an assortment of functional training equipment.

- The minimum age to use the fitness floor is 16. Children between the ages of 11-15 must complete our **Junior Fitness program** (\$60 for a 6-hour course) prior to using the fitness floor. Upon successful completion of this course, the member should check-in at the fitness attendant's desk each time s/he enters and receive a bracelet, indicating s/he is eligible to use the equipment. Even after completing Junior Fitness, all members **MUST** be 16 to use the free weights. Parents of juniors age 11-13 must remain on the fitness floor with their children and parents of juniors age 14-15 must remain in the facility while their children are exercising.
- All memberships include one 45-minute introduction to the fitness floor. One of our personal trainers will complete a body assessment, discuss your goals, and demonstrate how the equipment works.
- Our personal trainers are available for you to purchase personal training sessions in multi-session packs. Please speak to the Fitness Director or your trainer prior to purchasing so you are purchasing the correct package for your goals.
- The fitness floor is always staffed with an attendant who is there to answer your questions or assist you with any of the equipment. The attendants also regularly clean and organize equipment to maintain a safe and sanitary environment.
- The front row of our cardio machines has tv screens in each display unit and the back row uses the wall-mounted tvs. Simply plug in your headphones and select which tv you would like to connect to during your workout.
- As a common courtesy to other members, please rerack weights and wipe down the equipment after each use.

## **GROUP FITNESS**

The group fitness schedule will be updated monthly. You can find the schedules at [www.rousecenter.com](http://www.rousecenter.com) and the front desk of the facility. All of the classes listed on the group fitness schedule are available to members at no additional charge. Passes are needed to join studio classes and can be picked up at the front desk on a first come first serve basis one hour before class begins. We offer a variety of classes including: yoga, pilates, Zumba, cycling, strength, senior and youth, step, H.I.I.T., core strength, and new classes each month to help you meet your goals.

All group fitness classes except for cycling are held in the group fitness studio just across from the J-Club. The studio is available for stretching when there are no classes in session. You may bring mats or rubber balls or weights into the group fitness studio. You can access the studio through either the hallway or the fitness floor.

The cycling studio is just down the hall and is to be used for instructor-led classes only. The bikes may not be utilized when classes are not in session, but we do have one available on our fitness floor.

Adult group fitness classes are available to anyone 16 years-old and older, however, a 14 or 15-year-old may participate in the class provided a parent or guardian remains in the facility at the time of the class.

Youth fitness classes are for our young members ages 5-13. These classes are included in your child's membership and children do not have to be supervised by parents during the class, but the parent/guardian must remain in the facility during class. View the class schedule and descriptions at [www.rousecenter.com](http://www.rousecenter.com).

## **AQUA FITNESS**

All group aqua fitness classes are conducted by Stafford County Parks and Recreation and instructors are employees of Stafford County not the Rouse Center. Rouse Center members may participate in the aqua aerobics classes at no additional charge. Any aqua fitness classes held at Woodlands are NOT included in your Rouse Center memberships. For the current aqua fitness schedule please see the front desk or visit the Stafford County Parks and Recreation website.

## GYMNASIUM

Our full-size basketball court allows our members the opportunity to play basketball using the full-court or two half-courts. The gym schedule is always posted on our website, at the front desk, and on the bulletin board outside the gym door. **Open gym** means the court is available to members and guests to either kick around a soccer ball, play half-court pick-up basketball, etc. **Family play** means children can play with their parents and not worry about pick-up games overtaking the court. **Full-court play** means members and guests playing full-court have priority. During scheduled open volleyball, the net will be set-up on one of the rec courts.

### **Rules Inside the Gym:**

- Only water bottles permitted in the gym. No glass, no colored beverages and no food.
- Please dispose of all trash and recycling in the appropriate bins and do not leave it on the benches.
- No music without headphones
- No foul language or bullying will be tolerated
- During Family Play, pick-up games are not permitted if young children and their families are present. The Managers on Duty will enforce this rule.

Our gym offers open play basketball during much of the week. Consult the gymnasium schedule to ensure there is no conflict with your desired open play time. The gym is home to Lil' Kickers, Lil Monster Ballers, and camps several times a week and to our adult co-ed basketball league on Wednesday and Thursday evenings. The gym schedule is subject to change without notice.

Any child under the age of 13 needs to have an adult present in the gym with them during play. Any child age 13-15 years-old is able to play unaccompanied in the gym as long as an adult parent or guardian is present in the facility. Any child 16 years-old and older can use the gymnasium without adult supervision. **We will not tolerate foul language or behavior that is not family-friendly. If disrespectful behavior is witnessed or reported you may be asked to leave the facility.**

## YOUTH PROGRAMS

The **J-Club** is a kids-only interactive, tv-free childcare for children ages 10 weeks to 12 years-old. It is included in your child's membership for up to two hours per day. Our staff are expected to interact with the kids: reading, playing games, doing arts and crafts, singing, etc. Sometimes the kids will go to the gym to play games and exercise, play board games or the Kinect! The J-Club is open Monday-Thursday: 8:30am-1:00pm & 4:00pm-8:30pm, Friday: 8:30am-1:00pm and 4:00pm-8:00pm, Saturday: 8:30am – 1pm, and Sunday: 9:00am-1:00pm. Absolutely no food or drink are permitted inside the J-Club other than a sippy cup with a lid or a bottle of water. There is room in the café area where your child can have a snack or beverage before entering the J-Club. The same parent scanning the children in must also pick them up. The J-Club staff are not permitted to change diapers so if a diaper change is required, they will locate you in the facility. There is a restroom inside the J-Club for the older children to use. A parent/grandparent/legal guardian must be on-site while kids are in the J-Club. If an emergency occurs, we need a parent/legal guardian present to give consent to treat the children, ride with them in the ambulance, sign them out if we evacuate, etc.

**Before & After School Care** is available for Winding Creek Elementary and HH Poole Middle Schools. A non-refundable deposit of \$25 will reserve your child's spot and you may register at the front desk.

**Birthday Parties** are available in our multi-purpose room. Choose either a splash party, a sport or dance/zumba party and you will get an hour in either the pool or gym and an hour in the multi-purpose room with two party attendants. Members receive a 25% discount on the posted party package rates. Food packages (pizzas, chicken fingers, etc. can be added to the party for an additional charge.) You may bring your own cake and ice cream, but no other outside food or beverages are permitted.

**Lil' Kickers** is a soccer and social skills class for ages 18 months to 9 years. For more information, visit [www.lilkickers.com](http://www.lilkickers.com). You are able to sign up and pay online or at the front desk once the session has begun. Members receive a 25% discount off of the non-member posted rates. If you are unsure whether or not your child will enjoy this class, you are invited to one free trial class per child.

**Lil Monster Ballers** is a child development program that focuses on teaching the fundamentals of basketball to inexperienced players ages 5-12 years old. The program's eight-week curriculum is designed to teach your child the necessary skills, dedication, team work, and passion required to become a Monster Baller on and off the court. Our coaches are trained to instill confidence in the players by creating a fun and challenging atmosphere that will prepare them for league play. The program is divided into three different age groups: the Gnomes (5-6 years old), the Ogres (7-8 years old), the Trolls (9-12 years old), and the Gremlins (8-12 years old.) Each age group has its own unique curriculum that builds upon itself from week to week, allowing children to achieve their true Monster Baller potential.

**Youth Fitness Classes** are for our young members ages 5-13 years-old. Please see page 7 for more on these classes.