



JEFF ROUSE SWIM AND SPORT CENTER

MEMBERSHIP GUIDE

www.rousecenter.com

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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 5A – 9P, Saturday from 7A - 5P and Sunday from 8A - 5P. We are open most holidays from 7A - 2P but are closed on Easter Sunday and Christmas Day. The pools open at the same time as the facility and close 15 minutes prior to building 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 3P 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 and adjacent to the main entrance parking lot behind the LED sign.

GUEST PASSES

Your individual or family membership includes four complimentary Guest Passes. Guest Passes are not included in our Short Term Membership (such as those for college students home for break). These are renewed December 1st yearly. Your guest needs to bring a photo ID to the front desk and will be asked to sign our Covid Waiver. If you are the Primary member on your account and want to allow your 16 year old, for example, to use the Guest Passes for his/her friends, let the front desk staff know this and they will make a note on your profile.

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 on the pool deck, just inside the lobby doors, 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.

LOST KEY TAGS

Lost key tags can be replaced by visiting the front desk. If after you receive a new key tag, you locate your old one, please discard immediately. Our system will not recognize the old tag anymore. You are also able to take a photo of your key tag. It can be used in place of the actual key tag when checking in. This of course would need to be done before you actually lose your physical key tag.

WIFI

Free Wi-Fi is available throughout the building for our members to use. We do not have public Wi-Fi. The Wi-Fi does not reach into 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, a parent must remain in the gymnasium with the child at all times.
- **FITNESS FLOOR:** Children ages 11-15 may use the fitness floor **after** successfully completing our Junior Fitness program. Upon completion, the youth can use all equipment: youth ages 11-13 must have an adult guardian present on the fitness floor while exercising, youth ages 14-15 must have an 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, **a parent/guardian must be in the facility during class.**
- **POOL:** Children 10 years old and younger must have a parent in the pool area. If a parent has children in the Splash Pad, and is supervising children that have not passed the swim test, it is an option to stay fully clothed. Parents/guardians need to be poolside to supervise - not in the stands. Feet in the pool is necessary; even if the adult is not wearing a swimsuit.

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 shower rooms. Family rooms are located in the wet corridor (the green tiled area) leading to the pools. Please use the family rooms with your older children. **Parents with children of the opposite sex who are older than 5 years old should use the family changing rooms.**

To use the lockers, bring your own 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 a locker by the month, a full locker (\$15/month) or half locker (\$10/month) can be reserved at the front desk.

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 high protein to no protein smoothies; burgers, both plant based and traditional. We also offer grab and go items. 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. 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.

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 your age. The oldest member of the household will always be the primary member on the account. 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 family members.

- Enrollment fees are a one-time fee payable the date you sign up for the membership.
- 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.
- If you need to change your payment information (new credit card) a membership payment update form can be completed at the front desk. Payment updates can be made by calling 540-318-6332.
- 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 beginning on the 1st day of the following month requiring a 7 day notice. You can freeze for any reason (common ones include extensive travel or

medical reasons) but the freeze can be for a maximum of 90 days. No exceptions. On the 91st 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 before the 90th day, come to the front desk and they can assist you.

DOWNGRADES

There is no fee to downgrade your membership by removing affiliated members from your account. You will need to complete a Downgrade Form at the front desk. From the time you submit the form, **you will have one final draft** for the downgraded family member(s). That member will have access to the Rouse Center every day of the period for which you have paid. We do not prorate the final month of a membership.

TERMINATION

You can terminate your membership at any time and for any reason. 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** from the time you submit the form. You will have access to the Rouse Center every day of 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. The water features are turned on when indicated on the lap lane schedule as Family Swim. This is when swimming 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 or family 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 area, should take a shower before entering the water.

Our pool schedules are updated weekly. The lane availability schedules are posted online. The lifeguards can assist you with questions about 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. We encourage circle swimming.

SWIM LESSONS

The Rouse Center offers group swim lessons, parent/child swim lessons, private and semi-private swim lessons. Group lessons are also available through 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** (\$35 members or \$45 non-members for a 2-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 and wear the bracelet showing they are eligible to use the equipment. 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.
- Whether you are a newcomer, returning to the gym, or looking to take your fitness regimen to the next level, we are here to help you reach your fitness goals! Work with a Certified Personal Trainer and receive a COMPLIMENTARY fitness assessment, a tour of our fitness equipment, and individualized guidance to help you along your to optimal wellness.
- 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.

- As a common courtesy to other members, please re rack weights and wipe down the equipment after each use.

GROUP FITNESS

The JRSSC Group Fitness department has a variety of classes to meet your fitness needs. Whether it's weight-training, cycling, high-impact, low-impact, or a calming yoga session, we have something for everybody at any fitness level.

Check the class schedule monthly for new and exciting class additions and upcoming special events.

All group fitness classes are held in the group fitness studio just across from the J-Club or in the Gymnasium, behind the curtain. The studio is available for stretching when there are no classes in session. You may bring mats or rubber balls; or use the weights that are in the group fitness studio. You can access the studio through either the hallway or the fitness floor. As long as your child has completed the Junior Fitness program, they are able to work out in this room with a parent guardian. 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.

AQUA FITNESS

Our Water Exercise program is here to meet your needs with multiple class and depth formats. Each class is open to all fitness levels and our instructors are well trained in offering modifications as needed. Our class formats include everything from Bootcamp, HIIT, Circuits, and Tabata, to Yoga Fusion and Yoga Flow. Classes are offered in the shallow recreation pool, the deep competition pool and the warm wellness pool.

Additionally, we offer special events; so be sure to look at the schedule on the website which is updated monthly. We look forward to meeting you and seeing you in class!

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 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 or both sides of the court.

Rules Inside the Gym:

- Only water bottles are 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 or under 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.
- No dropping weights on the fitness floor.

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' Ballers, and camps several times a year and to our adult co-ed Volleyball league. 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 will interact with the children: reading, playing games, doing arts and crafts, etc. The J-Club is open Monday-Thursday: 8:30A - 1:00P & 4:30P - 8:00P, Saturday: 8:00A - 12P and Sunday: 9:00A - 12:00P. Absolutely no food or drink is permitted inside the J-Club other than a sippy cup of water 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/legal guardian must be on-site while kids are in the J-Club.

Before & After School Care is available for an Elementary and Middle School. Due to redistricting, the schools we serve may change yearly. Please call 540-318-6332. After the schools have been announced you may register at the front desk. A non-refundable deposit of \$35 will reserve your child's spot.

Birthday Parties are available in our multi-purpose room. For our Splash Party you will get an hour in the pool and an hour in the multi-purpose room with two party attendants. Members receive a discount on their party package rates. Food packages 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. Whether your child is new to soccer or has already developed a love for the game, the progressive nature of Lil' Kickers offers a place for children at every level. Our convenient class times provide families options to accommodate multiple children and busy schedules. You are able to sign up and pay online or at the front desk once registration has opened. Members receive a discount price.

Lil 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 multi-week curriculum is designed to teach your child the

necessary skills, dedication, team work, and passion required to become a Lil' 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 different age groups: 5 - 6, 7 - 8, 9 - 10 and 11 - 13 years old. Each age group has its own unique curriculum that builds upon itself from week to week, allowing children to achieve their true Lil' Baller potential.

Youth Fitness Classes are for our young members ages 5 - 13 years old.

Should you have any questions, please feel free to contact our Front Desk Staff: 540-318-6332.