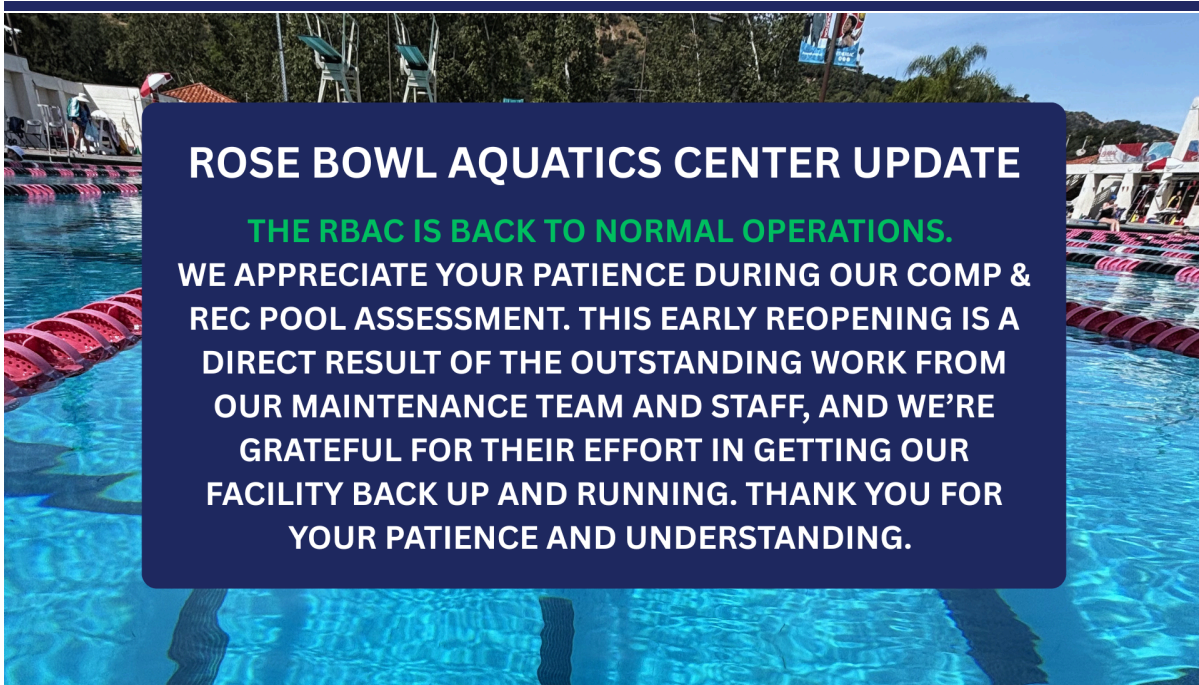




**Tuesday, April 21, 2026**



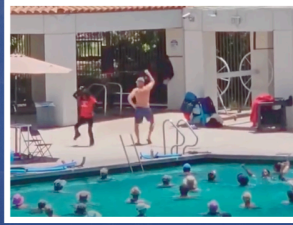
We'd like to sincerely thank our patrons for your patience during the recent closure of both the Comp and Rec Pools. We truly appreciate your understanding and support as we worked through this important period, and we're grateful to have you back with us.

# JOIN US FOR WATER SAFETY EVENTS AT THE RBAC ON MAY 7, 2026



## TREADING FOR WATER SAFETY

Join our pledge to tread water between 10:00 am - 4:00 pm in the Dr. Edna Griffin pool to raise awareness for drowning prevention and the importance of water safety.



## "TREADING TUNES" WATER FITNESS CLASS

Our special "Treading Tunes" Water Fitness Class will take place from 12:30 pm - 1:30 pm. Register online!



## WATER SAFETY SOCIAL

Come connect with our community at our Water Safety Social in the Arroyo Room from 1:30 pm - 3:30 pm.



## Treading for Water Safety, Thursday, May 7, 2026

Mark your calendars and join us at the RBAC on May 7 for Water Safety Day, a community event focused on water safety awareness and drowning prevention. Join our pledge to tread anytime between 10am - 4 pm, jump in, tread water, and show your support for water safety. From 12:30 -1:30 pm, take part in our "Treading Tunes" water fitness class, then stick around from 1:30 -3:30 pm for our Community Water Safety Social.

Make waves for water safety, and pledge to tread in our Treading for Water Safety Challenge! Taking place until the end of May, you can participate from anywhere, whether that's the RBAC, your own home, or wherever you have access to water. [Click HERE](#) for more details.

## Let's Play Splashball

Jump into the fun and introduce your child to water polo with our Splashball program where confidence, skills, and smiles grow every week. We now offer additional sessions on Tuesdays and Thursdays giving your family even more chances to get in the water with us.



Interested? Email Ashley

## RBAC Alumni Spotlight: Lillie Vehling



We caught up with RBAC alum **Lillie Vehling** to reflect on the transition to collegiate water polo, the lessons that stuck, and what it really takes to compete at the next level.

**What has been the biggest difference between playing water polo in college versus high school or club?**

The biggest jump is definitely the speed of play. Everyone feels it right away—decisions, shots, passes, and swimming are all drastically faster. Beyond that, the mindset shifts as well. In college, you are choosing to be part of the team and dedicating a significant amount of time toward a shared goal. With all of the resources provided to student-athletes, it becomes an opportunity to fully invest in both your development and your team. At the same time, the relationships are very similar to Rose Bowl—my teammates are some of my closest friends.

## **Looking back, what are one or two things you learned from your Rose Bowl coaches that helped prepare you for college water polo?**

My Rose Bowl coaches taught me not only the fundamentals of water polo, but also the expectations that come with playing at the next level—grit, discipline, and accountability both in and out of the water. One of the biggest lessons I learned was how important it is to take advantage of the resources around you. That mindset has carried over into college—when you pair those opportunities with ambition, you can really maximize your experience.

## **If you could give one piece of advice to a younger Rose Bowl player who dreams of playing in college, what would it be?**

Understand how valuable your time is and focus on the little things that make a big difference. The athletes who make it to the next level—and succeed there—are the ones who bring grit every day, see the bigger picture, and are intentional about how they spend their time. Every practice is a choice, and consistently choosing to work hard is what sets you apart.

## **Did playing club water polo with RBWPC give you any life skills or experiences that have helped you in the classroom or outside the pool?**

Absolutely. Time management has been one of the biggest skills I've carried with me. During my time with Rose Bowl, I was driving from Woodland Hills to Pasadena nearly every day during rush hour just to make it to practice. That experience taught me a lot about commitment, discipline, and how to structure my time effectively. Along with that, I gained leadership experience and a strong sense of responsibility, which has helped me not only in the classroom but also in leadership roles outside of the pool.

## **Final Thought**

Water polo, at its core, is about community—being surrounded by like-minded people who push each other and support each other in becoming the best version of themselves.

## **THINGS TO KNOW BEFORE YOU VISIT**

- Pasadena Triathlon: Saturday April 25, 2026 - REC Pool Hours Affected 7am-12pm.
- UCLA Spring Game: Saturday May 2, 2026, 10am-2:30pm - Increased Traffic/Parking
- Treading for Water Safety: Thursday May 7, 2026 10am-4pm

**Make waves year-round.  
Support water safety, fitness and youth  
programs with a gift today.**

GIVE NOW

RBAC | [www.rosebowlaquatics.org](http://www.rosebowlaquatics.org)



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The Rose Bowl Aquatics Center is a 501(c)(3) nonprofit organization.  
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