



Tuesday, August 18, 2026

ROSE BOWL
AQUATICS CENTER
LAP SWIM
APPRECIATION WEEK
AUGUST 17-23



During Lap Swim Appreciation Week, purchase or renew any of the following passes and receive a
FREE RBAC Lap Swim T-Shirt (while supplies last):

- Monthly Lap Swim Pass
- Quarterly Lap Swim Pass
- Semi-Annual Lap Swim Pass



It’s Lap Swim Appreciation Week, August 17–23!

Purchase or renew a **Monthly, Quarterly, or Semi-Annual Lap Swim Pass** during the week and receive a **FREE RBAC Lap Swim T-shirt** while supplies last. Don't miss out—celebrate with us and grab your RBAC gear!

While supplies last!

Renew Here!



Community Coffee
Thursday, September 10!

Join us for our next Community Coffee on **Thursday, September 10, from 8:00am – 10:00am!** Stop by, grab a cup of coffee, and connect with members of the RBAC community. We'll also have a **designated Q&A about LA28 and its impact on the RBAC**, so bring your questions and join the conversation. We hope to see you there! ☕



Congratulations Coach
Mike! 🏆

Congratulations to **RBAC Water Polo Coach Mike Gonzales** for helping lead Team USA's 16U Boys to a **fourth-place finish at the World Championships in Zagreb, Croatia!** This historic result marks the **highest-ever finish for Team USA in this age group at the tournament.** Way to go, Coach Mike and Team USA! 🇺🇸

View More Here!

RBAC Alumni Spotlight: Daniel Li



“Learn to advocate for yourself and figure out what works for you.”

We caught up with RBAC alum **Daniel Li** to talk about his transition from club to college swimming, the lessons he learned at the Rose Bowl Aquatics Center, and the advice he would give to younger swimmers preparing for the next level.

Daniel has been swimming since he was **seven years old** and now attends **Stanford University**, where he studies **Computer Science** and continues his swimming career. Outside of the pool and classroom, he enjoys **bouldering and basketball**.

Daniel says one of the biggest differences between club and college swimming is the **volume and level of training**. In college, athletes train more frequently and are surrounded by high-level swimmers every day. It's being a different environment with a new set of demands compared to club.

Looking back on his time at the RBAC, Daniel credits his coaches with teaching him the importance of **advocating for himself, trusting the process, and learning what works for him as an athlete**. Since his coaches were receptive to feedback and encouraged communication, Daniel learned to speak up about what he needed from his training—a skill that has become even more valuable at the collegiate level. He also learned how important it is to trust his training through challenging periods. These experiences helped him better understand his own strengths and weaknesses and taught him to work through the mental ups and downs of swimming and his education. His advice to younger swimmers is to **think for yourself and be honest about what you need to improve**.

Above all, club swimming taught Daniel how to **put his head down and grind**. That work ethic, combined with learning to communicate, advocate for himself, and trust the process, has helped prepare him for the demands of being a student-athlete at **Stanford**.

The RBAC is proud to celebrate **Daniel Li** and see the lessons he learned at the RBAC continue to carry him forward, both **in and out of the pool!**

THINGS TO KNOW BEFORE YOU VISIT

- **Stadium event on Saturday August 22: The RBAC will remain open during regular hours of operation**
- **Beginning September 5, the RBAC will resume normal weekend hours: Saturdays 5:30am - 5:00pm and Sundays 8:00am - 5:00pm.**
- To ensure a smooth experience, please create an RBAC account so your registrations, purchases and waivers can be kept in one convenient place.
- Priority use for Family bathroom #7 in the Therapy Pool is for Therapy Pool users.
- Schedule and lane availability are subject to change without notice. Lanes may be moved for programs up to 20 minutes prior to starting.

Make a splash in your community by
donating to the RBAC today!

GIVE NOW

RBAC | www.rosebowlaquatics.org



The Rose Bowl Aquatics Center is a 501(c)(3) nonprofit organization.
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360 N Arroyo Blvd Pasadena, CA 91103 US

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