



WEEKLY NEWSLETTER

DUE TO A STADIUM EVENT, THE RBAC WILL HAVE MODIFIED HOURS ON SATURDAY, SEPTEMBER 5, 2026 5:30 AM - 2:00 PM.

Tuesday, August 25, 2026



Community Coffee Thursday, September 10!

Swing by the RBAC on **Thursday, September 10, from 8:30 am – 10:30am** for our next Community Coffee. Join us for coffee, treats and community!

RBAC Annual Benefit



Join us for the **2026 Annual Benefit** on **Thursday, October 8 at 5:30 PM** at NOOR as we come together to celebrate and support the RBAC.

[Buy Tickets Today!](#)

Marketing Intern Filming at the RBAC!



Marketing intern, **Ben Do** will be on deck filming RBAC content. Feel free to say hello and continue enjoying your swim if you see him filming. His work helps us highlight the great energy of our community!

[Follow us on Instagram](#)

RBAC Spotlight: Jill Nemiro



“No matter how I feel before I come to the RBAC, I leave feeling both physically and mentally better. Instead of Disneyland, to me the Rose Bowl Aquatics Center is the happiest place on earth!”

When Jill first began experiencing severe shoulder limitations, she couldn't lift her right arm and faced the possibility of long-term mobility challenges. Her physical therapist encouraged her to try the **RBAC Therapy Pool**, a recommendation that transformed her recovery! Through consistent PT sessions and daily aquatic exercises, Jill regained full movement in just a few months, all without surgery! Today, the combination of regular physical therapy and daily visits to the Therapy Pool continue to help her work through new challenges, with her doctor cheering her on to “keep up the good work!”

But Jill's story isn't only about physical healing, it's also about community. At the Therapy Pool, she found a supportive circle of friends who call themselves the **Rose Buddies**, a group that celebrates birthdays, supports one another through life's ups and downs, and gathers for social outings outside the water. What began as a place for rehabilitation has become a source of friendship, connection, and joy!

Jill says she leaves the RBAC feeling better every single day, physically, mentally, and emotionally. From the warm greetings at the front desk to the kindness of lifeguards and instructors, she's continually reminded of how special the RBAC community is. For her, the Rose Bowl Aquatics Center isn't just a facility, it's her happiest place on earth!

The RBAC is proud to spotlight Jill and celebrate the healing, friendship, and positivity she's found in the Therapy Pool!

THINGS TO KNOW BEFORE YOU VISIT

- **Stadium event on Saturday September 5: The RBAC will have modified hours, from 5:30am - 2:00pm.**
- **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.

MODIFIED HOURS DUE TO STADIUM EVENTS:

SATURDAY, SEPTEMBER 5
5:30 AM - 2:00 PM

SATURDAY, SEPTEMBER 12
5:30 AM - 12:00 PM

SATURDAY, SEPTEMBER 19
5:30 AM - 4:00 PM

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

GIVE NOW

RBAC | www.rosebowlaquatics.org

