



The RBAC will be CLOSED on Saturday, May 30 due to the additional facility assessments for LA28 and soccer game at the Stadium.

Tuesday, May 26, 2026



There's still time to make an impact this Water Safety Month. Take the Pledge to Tread and support lifesaving water safety programs.

[Pledge to Tread](#)



Behind the Scenes: Swim Lessons

As Water Safety Month comes to an end, consider taking a swim lesson or two! Ben is here to demonstrate how safety is always taken into consideration in addition to the fun.

[Watch Here](#)



Summer Camp at the RBAC

Summer is calling at Anderson Adventure Camp H2O, welcoming kids from preschool to 6th grade. We have a more spots to fill for our energetic **1st and 2nd grade adventurers**, and we'd love to see them join the fun!

[Register Here](#)



Rays Takes on Special Olympics!

Join us in supporting our incredible athletes at the Special Olympics in Long Beach **June 5-7**. **Rays** will be there representing our community with pride. Come cheer them on! Stay connected at **@rbac_rays** on Instagram.

[Click Here For More Info!](#)



RBWPC Highlights

Our RBWPC prehigh girls had a great time competing in the Sailor's Cup. 12U girls won **2nd place** (top picture). 14U girls won **1st place** (bottom picture)

Great job ladies! **GO ROSE BOWL!**

RBAC Alumni Spotlight: Emily Suong



"Passion became my motivation, while perseverance gave me the resilience to keep pushing forward."

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

Emily Suong grew up in the RBAC program, playing for nearly ten years starting at age nine. She later competed in Division I water polo at Brown University while completing her degree in ecology and evolutionary biology. Today, she is a first-year veterinary student at Cornell University and still keeps water polo in her life through the campus club team.

Emily shared that the biggest difference between high school and college water polo was learning to balance the demands of academics, athletics, travel, and personal well-being. She explained that collegiate water polo comes with **"much higher expectations, both in and out of the pool,"** and that managing everything from missed classes to staying healthy and preparing for life after college was a major adjustment. Ultimately, she said that learning to juggle these responsibilities **"becomes one of the most valuable parts of the experience."**

Reflecting on her time at RBWPC, Emily said her coaches instilled **"perseverance and passion,"** qualities that shaped her love for the sport and helped her push through challenges at the next level. Her advice to younger players is to **"nurture your passion for the sport and mental health throughout your entire career,"** especially as the demands of college can make it easy to lose sight of why you started.

Emily also emphasized that Rose Bowl Water Polo gave her lifelong skills such as teamwork, leadership, time management, and resilience. She shared that the program **"played a major role in shaping who I am and where I am today,"** and that the challenges of the sport made her stronger both in and out of the classroom.

THINGS TO KNOW BEFORE YOU VISIT

- **Saturday, May 30, the RBAC will be closed all day due to the additional facility assessments for LA28 and soccer game at the Stadium.**
- **Next Sunday 5/31 the comp pool will be in short course due to the Senior Games Swim Meet.**
- **Saturday 6/6 and Sunday 6/7 the comp pool will be in long course all day**
- **Sunday 6/7 there will be a mini swim meet in comp pool from 8am-11am (taking only 4 lanes) and then a Masters Swim Meet from 3pm-6pm all 8 lanes**
- **Lap Swimmers:** During long course season, the Competition Pool will remain in long course until 12:30 PM on Saturdays, with a lane change from 12:30-1:00 PM before returning to short course for the remainder of the day; Sundays will continue to remain in long course until 2:00 PM.
- **Saturday June 6, 2026:** Extended summer weekend hours begins - Saturday & Sunday the RBAC will remain open until 6pm!
- **Monday June 8, 2026:** **ALL** summer programs will begin! Summer Camp, adjusted swim team, dive and water polo practices in the morning

[Leave a Yelp Review!](#)

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

[GIVE NOW](#)

RBAC | www.rosebowlaquatics.org



The Rose Bowl Aquatics Center is a 501(c)(3) nonprofit organization. Tax ID 95-3994788.

360 N Arroyo Blvd Pasadena, CA 91103 US

Want to change what emails you receive from us? [Update your preferences.](#)