



**JEFF ROUSE SWIM AND SPORTS CENTER (JRSSC)**

**1600 Mine Road  
Stafford, VA 22554  
540-318-6332**

**[www.rousecenter.com](http://www.rousecenter.com)**

---

**DIRECTIONS:**

**From I-95:**

Take exit 140, Courthouse Road.

Go west on Courthouse Road (right turn if coming from the north, left turn if coming from the south)

Go approx. 1 mile and turn right on Mine Road.

JRSSC entrance is the first turn on your left.

**From Route ONE:**

From NORTH- Turn Right on Courthouse Road (630)

From SOUTH- Turn Left on Courthouse Road (630)

Go approx. 1.8 miles and turn right on Mine Road.

JRSSC entrance is the first turn on your left.

---

**Directions to meet pools can be found in the Meet Announcement for each meet.**