

# 2017 OCTOBER



ROLLING HILLS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>FREE GUEST DAY</b> RUSH CREEK HIKE (8:00am)	2	3	4	5 PICKLEBALL DROP-IN - Thursdays - (9:00am-11:00am)	6	7 PUMPKIN FLOAT (1:00pm-2:30pm) ARC BABYSITTERS TRAINING  >>>
8 ARC BABYSITTERS TRAINING - OCTOBER 7 + 8 - (1:00pm-5:00pm)  <<<	9	10 <b>WEEKLY CLUB EVENTS:</b> MUD SHARKS MASTER SWIM MWF 10am / MW 6:30pm / SAT 8am / T Th 5:30am RACQUETBALL CHALLENGE MON + FRI 5-7pm		11	12 DONUT SOCIAL (8:30am)	13 KIDS NIGHT OUT - BEETLEJUICE - (6:00pm-9:30pm)
15 ARC LIFEGUARD CERTIFICATION TRAINING - OCTOBER 15, 22, 29 + NOVEMBER 5 - (10:00am-5:00pm)	16 <b>JR TENNIS CLINICS (WEEKLY)</b> MINI ACES (Ages 4-7) Mon 3:30pm-4:30pm - \$15 (\$20) GOT ITS (Ages 8-13) Mon + Wed 3:30pm-4:30pm - \$15 (\$20) ALLEY CATS (Ages 5-8) Thu 3:30pm-4:30pm - \$15 (\$20) LITTLE HITTERS (Ages 7-11) Tue + Thurs 3:30pm-4:30pm - \$15 (\$20) <b>SIGN UP ON LINE</b>		17	18	19	20 PARENTS NIGHT OUT - LEGEND OF SLEEPY HOLLOW - (6:00pm-9:30pm) TENNIS SOCIAL WEEKEND
22 PARENTS DAY OUT - SPIN A WEB - (1:00pm-4:30pm)	23	24 <b>JR/ADULT TENNIS COMPETITION TEAMS (WEEKLY)</b> INTERMEDIATE (Ages 6-11) Wed + Fri 4:00pm-5:30pm - \$25 (\$30) ADVANCE (Ages 10-20) Tues + Thurs 4:00pm-6:00pm - \$30 (\$35) ADVANCE (Ages 10-20) Sat 2:00pm-4:00pm - \$30 (\$35)		25	26	27 FUN HALLOWEEN SOCIAL - MORE INFO TO FOLLOW -
29	30	31 <b>HAPPY HALLOWEEN</b> GOBLIN BRIGADE - TRICK OR TREAT - (10:00am)		<b>ADULT TENNIS CLINICS (WEEKLY)</b> BEGINNING DOUBLES : Sat 8:30am <b>FREE</b> CARDIO TENNIS : Mon + Tue 10:30am + Wed 11am + Fri 10am <b>\$15 (\$20)</b> HIT & RUN (gomin) : <b>\$20 (\$25)</b> Tue 12pm+5:30pm / Mon+Wed+Thu+Fri 12pm / Sat 10am / Sun 10am SATURDAY DROP-IN (90 min) : Sat 11am <b>FREE</b> SINGLES CLINIC (60 min) : Wed 12pm <b>\$20 (\$25)</b> DOUBLES STRATEGY (3.5) (90 min) : Mon 9am <b>\$25 (\$30)</b>		

## JUST FOR KIDS!

### PUMPKIN FLOAT

OCTOBER 7 Sunday

1:00pm-2:30pm

Bring your family for a new experience of diving in our pool for your pumpkin! Stay, swim, and enjoy snacks.

ALL Ages

**\$5** Members | \$10 Guests.

### KIDS NIGHT OUT

#### BEETLEJUICE

OCTOBER 13 Friday

6:00pm-9:30pm

It's showtime! Join us for fun-kin carving (carvable artificial pumpkins) and a viewing of "Beetlejuice". This movie is not appropriate for all audiences. Pizza dinner will be served..

AGES 5-10

**\$24** Members | \$34 Guests

### PARENTS DAY

#### LEGEND OF SLEEPY HOLLOW

OCTOBER 20 Friday

6:00pm-9:30pm

Let's celebrate Halloween with a creepy tale! Create a Sleepy Hollow inspired snack and dance to our guest DJ "The Singing Lizard" We'll watch the Disney Classic "The Legend of Sleepy Hollow". Pizza dinner will be served.

AGES 2.5-10 (Must be potty trained)

**\$24** Members | \$34 Guests

### PARENTS NIGHT OUT

#### SPIN A WEB

OCTOBER 22 Sunday

1:00pm-4:30pm

Get caught having fun at our spider themed Parents Day Out. Create a healthy spider treat to eat, play spider inspired games, and create your own spider web! We'll watch "The Magic School Bus Spins a Web". A snack of fruit and popcorn will be provided.

AGES 2.5-10 (Must be potty trained)

**\$24** Members | \$34 Guests

### GOBLIN BRIGADE

#### TRICK OR TREAT

OCTOBER 31 Tuesday

10:00am

Hey Kids, get your costume on and come join us for our Annual Costume Halloween Parade. We will parade around the Club while trick or treating. Parents, come workout while your kids are enjoying showing off their costumes!

Sign up in Kids Club.

ALL AGES

**\*FREE\***

FOR MORE KIDS INFORMATION

contact: **Karen Lovelace**

email: [karen@rollinghillsclub.com](mailto:karen@rollinghillsclub.com)

## TENNIS

### LEARN THE EXCITING GAME OF TENNIS!

SATURDAYS 8:30am-9:30am

It's not too late to learn the FUN game of tennis! Drop in and join our Kiwi Pro, Pauline.

.No sign-ups necessary. **\*FREE\***

### WEEKLY ADULT & JUNIOR TENNIS CLINICS + PLAY

... see Calendar for more details.

### PICKLEBALL PLAYDAYS

ONGOING | Thursdays 9:00am-11:00am

Come Experience America's Popular New Game!

*No paddles/balls/partners required.*

**\*FREE\*** Members | \$5 Guest

### CLUB CHAMPIONSHIP WEEKEND!

SEMI-FINALS / FINALS / CELEBRATION!

OCTOBER 20, 21, 22

Save the weekend for a Club Championship

Celebration. We'll watch/or play in the

tournament and celebrate the results!

More information to come.

FOR MORE TENNIS INFORMATION

contact: **Chris Kretchmer**

email: [chrisk@rollinghillsclub.com](mailto:chrisk@rollinghillsclub.com)

## ROLLING HILLS DAY SPA

### OCTOBER SPA SPECIAL : ROLLING HILLS PUMPKIN FACIAL!

RECEIVE \$10 OFF our 1-HOUR Facial with Rhonda Allison Natural Pumpkin enzyme. This enzyme gently exfoliates the skin to bring back that natural glow..

Call to make your appointment today!

FOR MORE SPA INFORMATION

contact: **Leesa Cody**

email: [leesa@rollinghillsclub.com](mailto:leesa@rollinghillsclub.com)

## COMMUNITY

### RUSH CREEK HIKE

OCTOBER 1 | Sunday 8:00am | **\*FREE\***

Our local hike with Phil Johnson allows you to see Novato landscape through new eyes. This 3-mike hike offers lots of opportunities to observe migrating and resident waterfowl. Maybe even get a glimpse of a golden eagle! Bring water, snacks, and wear good hiking shoes. Meet at the Club at 8:00am for carpooling.

**50+ DONUT SOCIAL \*FREE\***

OCTOBER 12 | Thursday 8:30am-11:00am

All members ages 50+ are invited to join friends in the Adult Lounge for donuts and conversation..

FOR MORE COMMUNITY INFORMATION

contact: **Bobbie Bukszar**

email: [bobbie@rollinghillsclub.com](mailto:bobbie@rollinghillsclub.com)

## AQUATICS + SAFETY

### ARC /AED BABYSITTERS TRAINING

OCTOBER 7&8 Sat+Sun 1:00pm-5:00pm

Ages: 11-15 **\$123** Members & Guests

### ARC /AED LIFEGUARD

#### CERTIFICATION TRAINING

OCTOBER 15, 22, 29 & November 5

Sundays 10:00am-5:00pm Ages: 15+

**\$233** Members & Guests

*Prerequisites required.*

### ARC /AED CPR/AED

OCTOBER 21 Saturday 1:00pm or 2:30pm

Ages: 14+ **\$56** Members & Guests

*Complete online portion 3 days prior to class.*

*All classes: 24-hour cancellation / No refunds*

### YOUTH & ADULT SWIM LESSONS

We emphasizes the development of swim skills and water safety. Lessons are ongoing all year.

**Learn more ONLINE at [rollinghillsclub.com](http://rollinghillsclub.com) >**

### PRIVATE STROKE SWIM LESSONS

These lessons are ongoing throughout the year

### USA TRITONS STROKE SCHOOL

Month to month, Monday through Friday, September through February 2018.

FOR MORE AQUATICS INFORMATION

contact: **Winnie Comfort**

email: [winnie@rollinghillsclub.com](mailto:winnie@rollinghillsclub.com)

## FITNESS

### HAPPY HOUR CYCLE

OCTOBER 6 & 20 Friday 5:30pm

This is a 50-minute Kick-Butt Cycle Class followed By HAPPY HOUR outside the Spin Room!

Enjoy beer, wine, and snacks.

**\*FREE\***

### GROUP EXERCISE POP-UP CLASS

AS OF OCTOBER 11

Each week we will have a different instructor with a FUN fitness format.

First Pop Up will be with Heather Hartley, who will teach Tabata GX.

The Pop-Up Class is announced every Wednesday on our Rolling Hills Club facebook page. We now have an instagram page:

[Rollinghillsclub\\_groupexercise](https://www.instagram.com/Rollinghillsclub_groupexercise)

*Both of these pages will keep you up to date on what is happening in group fitness.*

Outdoor Addict with Michelle Fluere is moving to Tuesday evenings at 6:30

A Beginners Cycle class with Michelle will begin on Wednesdays at 4:30. Start date TBA

**\*FREE\***

FOR MORE FITNESS INFORMATION

contact: **Debbie Gleeson**

email: [debbie@rollinghillsclub.com](mailto:debbie@rollinghillsclub.com)

**PILATES:**

contact: **Megan Brown**

email: [meganb@rollinghillsclub.com](mailto:meganb@rollinghillsclub.com)

## HAPPY HALLOWEEN!

