

# JUNE 2017



ROLLING HILLS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
<p><b>CHECK OUT OUR FUN SUMMER CAMP PROGRAMS!</b>  <i>Sign up today.</i></p> <p>Sports &amp; Splash Camp for ages 5-10 weekly June 12-August 11            Junior Sports &amp; Splash Camp for Ages 2-5 August 14, 17, 21 &amp; 24.</p> <p>We also have Art to Wear, Mighty Girl Spa, Counselor in Training,            Babysitter Training, Junior Lifeguard, Lifeguard, Water Polo,            and Junior &amp; Tot Tennis Camps            Rolling Hills Swim School has lessons for all ages and abilities!</p>						
4	5	6	7	8	9	10
<b>FREE GUEST DAY</b>	PICKLEBALL DROP-IN ( 5:00pm-7:00pm )			DONUT SOCIAL ( 8:30am )	KIDS APPRECIATION DAY ( 1:00pm-3:00pm )	
11	12	13	14	15	16	17
<b>SUMMER CAMP BEGINS</b>	STINGRAYS MORNING SWIM PRACTICE BEGINS	 SLIME & GRIME WEEK	<b>WEEKLY CLUB EVENTS:</b> <b>MUD SHARKS MASTER SWIM</b> MWF 10am / MW 6:30pm / SAT 8am <b>RACQUETBALL CHALLENGE</b> MON + FRI 5-7pm		FUN FRIDAY TENNIS EVENT ( 6:00pm )	STINGRAYS HOME SWIM MEET ( 7:00am-3:00pm )  PUMPKIN RIDGE HIKE ( 8:00am )
18	19	20	21	22	23	24
<b>FATHER'S DAY</b>	 MAGICAL MYSTERIES WEEK	<b>ADULT TENNIS CLINICS ( WEEKLY )</b> BEGINNING DOUBLES : Sat 8:30am <b>FREE</b> CARDIO TENNIS : Tue 10:30am + Wed 11am + Fri 10am <b>\$15 (\$20)</b> HIT & RUN (gomin) : <b>\$20 (\$25)</b> - Mon 12pm / Tue 12pm+5:30pm / Wed+Thu+Fri 12pm / Sat 10am / Sun 10am SATURDAY DROP-IN (90 min) : Sat 11am <b>FREE</b> SINGLES CLINIC (90 min) : Wed 12pm <b>\$25 (\$30)</b> WOMENS' DOUBLES STRATEGY (3.5) (90 min) : Mon 9am <b>\$25 (\$30)</b>			<b>\$5 ROUND ROBINS</b> 3.5-4.0 : Thu 10:30am-12pm	
25	26	27	28	29	30	
	 CRASH TEST LAB WEEK	<b>JR TENNIS CLINICS ( WEEKLY )</b> MINI ACES (Ages 4-7) Mon 3:30pm-4:30pm - <b>\$15 (\$20)</b> GOT ITS (Ages 9-13) Mon + Wed 3:30pm-4:30pm - <b>\$15 (\$20)</b> ALLEY CATS (Ages 5-8) Thu 3:30pm-4:30pm - <b>\$15 (\$20)</b> LITTLE HITTERS (Ages 7-11) Tues 3:30pm-4:30pm - <b>\$15 (\$20)</b>				

## JUST FOR KIDS!

### PARENTS NIGHT OUT

#### INSIDE OUT

JUNE 2 | Friday 6:00pm-9:30pm

There are lots of things to be happy about! Parents Night Out is one of them! Join us as we create stress balls, candy necklaces, and get moving with parachute play. We'll watch the movie "Inside Out" and enjoy a pizza dinner. All children must be potty trained.

AGES 2-5-10

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

### KIDS APPRECIATION DAY

#### POOL PARTY

JUNE 9 | Friday 1:00pm-3:00pm

Come join us to celebrate the start of summer! We'll have a FREE BBQ lunch for children ( \$5 for adults ), jump house, face painting, and a Magic Show. Show begins promptly at 2:00pm  
ALL AGES

**FREE**

### SPORTS & SPLASH CAMP

Mon-Fri, 9:00am-4:00pm

JUNE 12-16 | SLIME & GRIME WEEK

This is an "oopy, goopy" week of camp. It will be a magnificent mess.....be prepared!

JUNE 19-23 | MAGICAL MYSTERIES WEEK

Have fun learning some professional tricks to amaze family and friends!

JUNE 26-30 | CRASH TEST LAB

Dream, design, destroy! Tinker and test as we launch, drop, and smash creations in our crash test lab.

Lunch & snacks NOT included. AGES 5-12

**\$70/ \$320** Members | \$80/\$370 Guests

Extended Camp available: 8:30-9:00am \$3 day  
4:00-6:00pm \$10 day

### ART TO WEAR

JUNE 19, 21, 23 | Monday, Wednesday, Friday  
9:00am-4:00pm

Create unique and stylish works of art from clothing to jewelry. We will experiment with different media to create three unique pieces of jewelry, and experiment with fabric dyes and paints to create three one of a kind creations! Enjoy a morning of creating and afternoon of pool time and treat-creating!

**\$180** Members | \$195 Guests

FOR MORE KIDS INFORMATION

contact: **Karen Lovelace**

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

## ROLLING HILLS DAY SPA

### JUNE SPA SPECIAL!!

RECEIVE \$10 OFF pure relaxation with our Rolling Hills Body Treatment.  
Offer good through June.

Normally \$105 Members / \$120 Guests  
Gift Cards are available.

FOR MORE SPA INFORMATION

contact: **Leesa Cody**

email: [leesa@rollinghillsclub.com](mailto:leesa@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 | Mondays 5:00pm-7:00pm

Come Experience America's Popular New Game!

*No paddles/balls/partners required.*

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

### FUN FRIDAY!

JUNE 16 | 6:00pm

More information to follow.

FOR MORE TENNIS INFORMATION

contact: **Chris Kretchmer**

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

## FITNESS

### SENIOR FIT

JUNE 5, 12, 19, 26 | Mondays 11:30am

Join Tori Graw for a dynamic workout to build strength, improve balance, and increase flexibility. All ages, especially seniors.

**\$99** Series Members

**PiYo** with Elise Moseley

BEGINS SATURDAY, JUNE 17 / 8:30am

PiYo isn't like standard Pilates & Yoga classes. It speeds everything up...including your results...by introducing you to dynamic, flowing sequences that can burn serious calories while lengthening & toning your muscles & increasing flexibility!

**FREE** | Group Ex Studio

FOR MORE FITNESS INFORMATION

contact: **Debbie Gleason**

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

## COMMUNITY

### PUMPKIN RIDGE HIKE

JUNE 17 | Saturday 8:00am | **\*FREE\***

Join Phil Johnson and John Martin for this spring hike along the northern slopes of Mt. Tam. This hike is 3.5 miles on rolling terrain with some hills.. Wear sturdy hiking boots, bring plenty of snacks and water. Meet at the Club for carpooling.

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

JUNE 8 | 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

### STINGRAYS SWIM TEAM

The Stingrays Swim Team is one of ten teams in the Marin Swim League. This swim team welcomes and encourages youth ages 4-18 years to improve all-around swimming ability, including technique, strength, stamina, and safety. Our program allows swimmers to experience a healthy, competitive environment with other teams in Marin and provides an opportunity for youth to have fun, make new friends, and improve their overall fitness, while also encouraging family involvement.

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

### STINGRAYS

REGISTRATION STILL OPEN!

JUNE 12 / Morning practice begins 7:00am

JUNE 17 / Home Swim Meet

POOL CLOSED 7:00am-3:00pm

### ARC LIFEGUARD TRAINING

JUNE 3, 4, 10, 11

Saturday + Sunday, 11:00am-5:00pm

Looking for a great job or a challenging career?

The purpose of this course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illness until emergency medical services personnel take over. Upon successful completion of a written exam and skills test (80% or higher) students will receive a 2-year Certification from ARC in Lifeguard Training, First Aid, and CPR/AED for lifeguards. Pocket mask is included.

*Prerequisites are required for this course.*

AGES 15+

**\$233** Members / Guests

### ARC CPR/AED CERTIFICATION

JUNE 17

Saturday, 1:00-2:30pm or 2:30-4:00pm

This is a blended learning class combining online with in-person skills sessions. Participants learn how to perform CPR and use the AED on adults, infants, and children under 12. Register online at least one week in advance. This portion must be completed 3 days before the in-person session therefore we ask you to register online 1 week in advance. You will be emailed the link and info on how to complete the online portion. Upon successful completion, students will receive a 2-year Certification from ARC.

AGES 14+

**\$56** Members / Guests

### YOUTH & ADULT SWIM LESSONS

Our swim school emphasized the development of swim skills and water safety by providing effective awards for achievement. It's also a great way to prepare for Swim team! **PRIVATE SWIM LESSONS** available all year. Learn more **ONLINE** at [rollinghillsclub.com](http://rollinghillsclub.com) >

FOR MORE AQUATICS INFORMATION

contact: **Winnie Comfort**

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