

# 2017 DECEMBER



ROLLING HILLS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HOLIDAY GIVING!</b> <b>LITA:</b> Gifts for low income seniors in Assisted Living facilities and Nursing Homes. Pick up an ornament or two from the <i>Giving Tree</i> , purchase the items listed and give unwrapped items to the Front Desk. <b>WEDNESDAYS GIFT:</b> Blankets, sleeping bags, jackets, socks, hats for the homeless. Put into barrel in lobby. <b>FOOD BANK BARREL:</b> Non-perishable food items for those needing help during the Holiday Season.			<b>JR TENNIS CLINICS ( WEEKLY )</b> <b>MINI ACES</b> (Ages 4-7) M 3:30-4:30pm - \$15 (\$20) <b>GOT ITS</b> (Ages 8-13) M + W 3:30-4:30pm - \$15 (\$20) <b>ALLEY CATS</b> (Ages 5-8) Th 3:30-4:30pm - \$15 (\$20) <b>LITTLE HITTERS</b> (Ages 7-11) T + Th 3:30-4:30pm - \$15 (\$20) <b>SIGN UP ON LINE</b>		 <b>HOLIDAY CRAFT FAIRE</b> <i>LOTS OF GREAT GIFTS!</i> - ADULT LOUNGE - ( 9:00am-2:00pm )	
3 <b>PILOT KNOB TRAIL HIKE</b> ( 8:00am ) <b>FREE GUEST DAY</b>	<b>WEEKLY CLUB EVENTS:</b> <b>MUD SHARKS MASTER SWIM</b> MWF 10am / MW 6:30pm/ SAT 8am/ T Th 5:30am <b>RACQUETBALL CHALLENGE</b> MON + FRI 5-7pm		6	7 <b>PICKLEBALL DROP-IN</b> - Thursdays - ( 9:00am-11:00am ) <b>DONUT SOCIAL</b> ( 8:30am )	8 <b>KIDS NIGHT OUT</b> - HOME ALONE - ( 6:00pm-9:30pm )	9
10 <b>CPR/AED CERTIFICATION</b> ( 1:00pm OR 2:30pm )	<b>ADULT TENNIS CLINICS ( WEEKLY )</b> <b>BEGINNING DOUBLES :</b> Sat 8:30am <b>FREE</b> <b>CARDIO TENNIS :</b> Mon + Tue 10:30am + Wed 11am + Fri 10am <b>\$15 (\$20)</b> <b>HIT &amp; RUN (90min) :</b> \$20 (\$25) Tue 12pm+5:30pm / Mon+Wed+Thu+Fri 12pm / Sat 10am / Sun 10am <b>SATURDAY DROP-IN (90 min) :</b> Sat 11am <b>FREE</b> <b>SINGLES CLINIC (60 min) :</b> Wed 12pm <b>\$20 (\$25)</b> <b>DOUBLES STRATEGY (3,5) (90 min) :</b> Mon 9am <b>\$25 (\$30)</b>				<b>\$5 ROUND ROBINS</b> 3.0-3.5 : Thu 10:30am-12pm	16 <b>PICTURES WITH SANTA!</b> ( 2:00pm-3:30pm )
17 <b>PARENTS DAY OUT</b> - GRINCH-MAS - ( 1:00pm-4:30pm )	<b>JR/ADULT TENNIS COMPETITION TEAMS (WEEKLY)</b> <b>INTERMEDIATE</b> (Ages 6-11) Wed + Fri 4:00pm-5:30pm - \$25 (\$30) <b>ADVANCE</b> (Ages 10-20) Tues + Thurs 4:00pm-6:00pm - \$30 (\$35) <b>ADVANCE</b> (Ages 10-20) Sat 2:00pm-4:00pm - \$30 (\$35)				22 <b>PARENTS NIGHT OUT</b> - A MUPPET CHRISTMAS CAROL - ( 6:00pm-9:30pm )	23
24 <b>CLUB HOURS</b> - 7:00am-3:00pm - <b>MAKE NOTE!</b>	25 <b>MERRY CHRISTMAS CLUB CLOSED</b>	26	<b>BEST OF THE BEST! HOLIDAY CAMP</b> <b>December 26-29 / January 2-5</b> 9:00am-4:00pm / Ages 5-12 <b>\$70day/\$270wk Member \$80/\$320 Guests</b> Extended Camp available			30
31 <b>CLUB HOURS</b> - 7:00am-3:00pm - <b>MAKE NOTE!</b>						

## JUST FOR KIDS!

### KIDS NIGHT OUT HOME ALONE

DECEMBER 8 Friday

6:00pm-9:30pm

Get into the Holiday spirit while we eat

AMAZING sundaes and create our own booby traps. We will watch the original "Home Alone" and a pizza dinner will be served..

AGES 5-10

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

### PARENTS DAYOUT GRINCH-MAS

DECEMBER 17 Sunday

1:00pm-4:30pm

Merry Grinch-mas! Let's celebrate the season with a healthy Grinch snack, make Grinchy slime, and practice science where we grow the Grinch's heart! We'll watch the cartoon "How the Grinch Stole Christmas". A snack of fruit and popcorn will be provided.

AGES 2.5-10 (Must be potty trained)

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

### PARENTS NIGHT OUT A MUPPET CHRISTMAS CAROL

DECEMBER 22 Friday

6:00pm-9:30pm

Gonzo is here to tell a story. Rizzo is here for the food! Decorate a Kermit the Frog cupcake, make an ornament for your tree, and get moving with Christmas games! We'll watch the movie "A Muppet Christmas Carol" and have a pizza dinner.

AGES 2.5-10 (Must be potty trained)

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

### BEST OF THE BEST HOLIDAY CAMP

DECEMBER 26-29 and JANUARY 2-5

9:00am-4:00pm

Had enough of the Holidays? Bring summer back! Join us while we take the best of the best camp themes from the past four years. We'll enjoy games that are the most fun and the best activities of the theme of each week.. At camp kids will also enjoy various activities, fun games, swimming, sports, and arts & crafts.

**Camp Themes** include: Shark Week, Jedi Training, You're the Next Contestant, Myth b=Busters, Willy Wonka, Fantastical Beasts, Pirates vs Ninja, Food Network and Art Meets Science. **Lunch & snacks are NOT included.**

AGES 5-12

**\$70** day / **\$270** week Members

**\$80** day / **\$320** week Guests

EXTENDED CAMP: 8:30am-9:00am, \$3 day  
4:00pm-6:00pm, \$10 day

FOR MORE KIDS INFORMATION

contact: **Karen Lovelace**

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

**WISHING YOU ALL  
A VERY MERRY  
CHRISTMAS & HAPPY  
NEW YEAR!**

## 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

### FREE TENNIS CLINICS FOR FITNESS MEMBERS

Come out and learn the FUN game of tennis.

No need to sign up, just show up!

with KEVIN - Fridays 11:00am

with KIWI - Saturdays 8:30am

FOR MORE TENNIS INFORMATION

contact: **Chris Kretchmer**

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

## ROLLING HILLS DAY SPA

### DECEMBER SPA SPECIAL : MAKE-UP APPLICATION!

RECEIVE \$10 OFF make-up application for your Holiday event through December.

Call to make your appointment today.

Gift Cards are available for Spa services and/or products. They make great stocking stuffers!

FOR MORE SPA INFORMATION

contact: **Leesa Cody**

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

## COMMUNITY

### PILOT KNOB TRAIL HIKE

DECEMBER 3 | Sunday 8:00am | **\*FREE\***

Phil Johnson & John Martin will be our guides as we check out the oldest living Madrone tree in California, catch glimpses of musk rats, woodpeckers, and migrating waterfowl. Pilot Knob offers majestic views of the Bay Area and a great place to have lunch. Bring layered clothes, lunch and water. Meet at the Club for carpooling.

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

DECEMBER 7 | 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

### YOUTH & ADULT SWIM LESSONS

We emphasize 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!. 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, through February 2018.

### CPR/AED CERTIFICATION

DECEMBER 10 Sunday

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

This ARC certification combines online learning with an in-person skills session. Learn how to perform CPR and use the AED for breathing and cardiac emergencies. Register online one week in advance. Online portion must be completed at least 3 days before the in-person session. When completed, you receive a 2 year certification.

AGES 14+

**\$48** Members + Guests

FOR MORE AQUATICS INFORMATION

contact: **Winnie Comfort**

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

## FITNESS

### HAPPY HOUR CYCLE

DECEMBER 15 Friday 5:30pm

This is a 50-minute Kick-Butt Cycle Class followed by HAPPY HOUR outside the Spin Room! Enjoy snacks from the Foraged Café and wines from Trek Wines.

The theme for this ride is "Snow Ride to the Beats", Happy Holiday Happy Hour!

**\*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)

## WE HAVE GIFT CARDS FOR:

Personal Training, Pilates, Swim Lessons, Swim Teams, Day Spa Treatments & Products, Tennis Lessons & Camps, Kids Camps, Kids & Parents Night/Day Out, and Memberships for family or friends!

Fill out a Gift Card order form and turn it in to the Front Desk. Your Gift Card will be wrapped in a Holiday bag with ribbon. You can pick it up in 24 hours. Forms filled out on weekends will be available for pick up on Monday morning.