

2017 AUGUST



ROLLING HILLS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1	2	3	4	5	
JUNIOR SPORTS & SPLASH CAMPS for ages 2-5 August 14 + 17 August 21 + 24 Monday + Thursday 9:00am-1:00pm \$165/week ~ \$185/Guest		 COMIC CON CAMP WEEK	 MIGHTY GIRL SPA CAMP - Mon, Wed, Fri - (July 31, Aug 2 + 4)	PICKLEBALL DROP-IN - THURSDAYS - (5:00pm-7:00pm)	 Tritons Swim Team morning practice begins August 1 (7am)		
6	7	8	9	10	11	12	
FREE GUEST DAY	 ANIMAL GROSSOLOGY CAMP WEEK		 MIGHTY GIRL SPA CAMP - Mon, Wed, Fri - (Aug 7, 9 + 11)	DONUT SOCIAL (8:30am)	FUN FRIDAY TENNIS EVENT		
13	14	15	16	17	18	19	
	 OUT OF THIS WORLD JR. CAMP	WEEKLY CLUB EVENTS: MUD SHARKS MASTER SWIM MWF 10am / MW 6:30pm / SAT 8am RACQUETBALL CHALLENGE MON + FRI 5-7pm		TRITONS SWIM TEAM AFTERNOON PRACTICE BEGINS (3:30pm-7:30pm)	KIDS NIGHT OUT - BIG HERO 6 - (6:00pm-9:30pm)		
20	21	22	23	24	25	26	
PHOENIX BASIN HIKE (8:00am)	 COME SAIL AWAY JR CAMP	JR TENNIS CLINICS (WEEKLY) MINI ACES (Ages 4-7) Mon 3:30pm-4:30pm - \$15 (\$20) GOT ITS (Ages 9-13) 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) Tues 3:30pm-4:30pm - \$15 (\$20) SIGN UP ON LINE					
27	28	29	30	31			
ARC CPR/AED CERTIFICATION (1:00pm or 2:30pm)	ADULT TENNIS CLINICS (WEEKLY) BEGINNING DOUBLES : Sat 8:30am FREE CARDIO TENNIS : Tue 10:30am + Wed 11am + Fri 10am \$15 (\$20) HIT & RUN (90min) : \$20 (\$25) - Mon 12pm / Tue 12pm+5:30pm / Wed+Thu+Fri 12pm / Sat 10am / Sun 10am SATURDAY DROP-IN (90 min) : Sat 11am FREE SINGLES CLINIC (90 min) : Wed 12pm \$25 (\$30) DOUBLES STRATEGY (3.5) (90 min) : Mon 9am \$25 (\$30)		\$5 ROUND ROBINS 3-5-4.0 : Thu 10:30am-12pm				

JUST FOR KIDS!

SPORTS & SPLASH CAMP

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

JULY 31-AUGUST 4 | COMIC CON WEEK

We have a day for zombies, Pokemon, Harry Potter, Star Wars & super heroes. Compete in costume and make-up wars, create a comic strip on a t-shirt, search for Big Foot on Mt. Burdell & geek out with our Emoji party. Will good or evil prevail in our Fandom Color War? (bring a t-shirt)

AUGUST 7-11 | ANIMAL GROSSOLOGY WEEK

Learn about slimy creatures, vomit-munchers, blood suckers & animal poops. We'll play games that teach you about the food chain while cooking up meal worms & dissecting owl puke. It would not be animal week without special guests!

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

MIGHTY GIRL SPA CAMP

JULY 31, AUGUST 2 + 4 or

AUGUST 7, 9 + 11

Monday, Wednesday, Friday

9:00am-4:00pm

We mix up masks, paint nails, make scrubs, bath bombs, create healthy snacks, braid hair, hike, hit the pool, and dance! New this year: body marbling, DIY lip gloss, orbeez pedicures, eye mask decorating & cake pop war! Bring a bright or dark shirt for our Do It Yourself creations!!

\$180 Members | \$195 Guests.

SPORTS & SPLASH JUNIOR CAMP

Monday + Thursday

AUGUST 14 + 17 | OUT OF THIS WORLD

Ground control to Jr. Day Camp! The Final Frontier. Campers explore the vastness of space and their own imagination as they journey the Milky Way. This week is lift off for campers to their destination: FUN!

AUGUST 21 + 24 | COME SAIL AWAY

I'm the captain, so climb aboard! The water's nice...dive in head first! This week we explore the deep blue and the creatures, critters, and crustaceans that call it home.

AGES 2-5 (Must be potty trained)

\$165 Members | \$185 Guests

PARENTS NIGHT OUT / BIG HERO 6

AUGUST 18 Friday

6:00pm-9:30pm

Join us as we do some Awesome Science! Write in invisible ink, make an exploding bag, and create honey lemonade! The movie "Big Hero 6" will be shown and a pizza dinner will be served.

AGES 2.5-10 (Must be potty trained)

\$24 Members | \$34 Guests

FOR MORE KIDS INFORMATION

contact: **Karen Lovelace**

email: 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 5:00pm-7:00pm

Come Experience America's Popular New Game!

No paddles/balls/partners required.

FREE Members | \$5 Guest

FUN FRIDAY!

AUGUST 11

We are orchestrating a BIG "end of summer/kids off to college" party and dance at Trek Winery in Novato. Plausible Deniability will be playing..

We will keep you informed if food will be Pot Luck or a taco truck for catering. Check Chris's email for more information.

FREE

FOR MORE TENNIS INFORMATION

contact: **Chris Kretchmer**

email: chris@rollinghillsclub.com

ROLLING HILLS DAY SPA

AUGUST AT THE SPA!

We have wonderfully relaxing *Massages* available daily, including Sports, Deep Tissue, Swedish, and Hot Stone! Our *Facials* are customized for your skin type. We even have a Gentlemen's Facial! Our services also include *Waxing, Tinting, Lash Extensions*, and *Makeup Application*.

FOR MORE SPA INFORMATION

contact: **Leesa Cody**

email: leesa@rollinghillsclub.com

COMMUNITY

PHOENIX BASIN HIKE on MT. TAM

AUGUST 20 | Sunday 8:00am | ***FREE***

Join Phil Johnson for this largely shaded, beautiful hike along the northern slope of Mt. Tam. This 4 mile hike will pass along the serene shores of Phoenix Lake.

Meet at the Club for carpooling.

50+ DONUT SOCIAL ***FREE***

AUGUST 10 | 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

AQUATICS + SAFETY

ARC /AED CERTIFICATION

AUGUST 27 Sunday, 1:00pm or 2:30pm

This class combines online learning with an in-person skills session where you practice skills and demonstrate competency. Learn how to perform CPR and use the AED for breathing and cardiac emergencies. REGISTER ONLINE 1 WEEK IN ADVANCE. The learning portion must be completed a minimum of 3 days before the in-person skills session. AGES: 14+
24-hour cancellation policy / No refunds

\$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 >

TINY TURTLES/PARENT TOT CLASS

AUGUST 5-26 Saturdays, 10:15-10:45am

An early introduction to swimming for ages 8 mo to 3 years. Parent or guardian must be in water with each child. Swim Diapers Required.

FOR MORE AQUATICS INFORMATION

contact: **Winnie Comfort**

email: winnie@rollinghillsclub.com

FITNESS

HAPPY HOUR CYCLE

AUGUST 11 + 25 Friday 5:30pm

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

Enjoy wine, beer, water, and snacks. ***FREE***

BEYOND THE MAT / TOWER SERIES

AUGUST 2-30 Wednesdays, 4:00pm-4:30pm

The Tower Series provides a unique tool for strengthening the body while lengthening the spine utilizing spring resistance. New clients only.

FREE | Pilates Studio | *Sign ups required.*

BEYOND THE MAT / REFORMER SERIES

AUGUST 2-30 Wednesdays

12:00pm-12:30pm or 12:30pm-1:00pm

This series enhances Pilates mat exercise by incorporating spring resistance training from the comfort of a gliding carriage.. New clients only.

FREE | Pilates Studio | *Sign ups required.*

PILATES FOR MEN

ONGOING | Wednesdays 6:30pm

This class is specifically designed for men to target neglected muscle groups, improve flexibility, and build core strength.

PILATES RATES APPLY | Pilates Studio

FOR MORE FITNESS INFORMATION

contact: **Debbie Gleeson**

email: debbie@rollinghillsclub.com

PILATES:

contact: **Elizabeth Jensen**

email: elizabeth.martha.jensen@gmail.com