

2023 MARCH



ROLLING HILLS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			<p>WEEKLY CLUB EVENTS: MUD SHARKS MASTER SWIM MWF 9:45am / MW 6pm / SAT 8am</p>			
5	6	7	8	9	10	11
		<p>PICKLEBALL CLINICS WITH KIWI (EVERY TUESDAY) - 9:00am-10:15am -</p>		<p>SWING INTO SPRING DANCE CLASS - 6:30pm -</p>	<p>PNO SPACE JAM A NEW LEGACY - 5:30pm-9:00pm - ST. PATTY'S DAY POWER STRENGTH + HAPPY HOUR</p>	<p>INDIAN VALLEY OPEN SPACE PRESERVE HIKE - 8:00am -</p>
12	13	14	15	16	17	18
	<p>JUNIOR TENNIS CLINICS / with Coach Kevin MIDDLE SCHOOL / HIGH SCHOOL Saturdays 1:30 - 2:30pm</p>				<p>ST. PATTY'S DAY TENNIS/PICKLE POT LUCK MIXER - 5:00pm-7:00pm-</p>	
19	20	21	22	23	24	25
		<p>ADULT TENNIS CLINICS (WEEKLY) CARDIO TENNIS : Mon , Tue, Wed, Fri 10:30am \$15 (\$20) HIT & RUN (90 min) M, T, Th, F 12pm S+S 10am \$20</p>			<p>PARENTS NIGHT OUT TOM AND JERRY The Movie - 5:30pm-9:00pm -</p>	<p>LIFEGUARD TRAINING FRIDAY 5-7pm Saturday + Sunday - 10am-4:30pm -</p>
26	27	28	<p>CHECK OUT THE SPA SPECIAL FOR MARCH!</p>			
<p>ATHLETIC FOAM ROLLING + ACTIVE STRETCH - 3:00 -4:30pm -</p>						

JUST FOR KIDS!

PARENTS NIGHT OUT SPACE JAM: NEW LEGACY

March 10, Friday / 5:30pm-9:00pm
Hey kids, come play, create, enjoy friends, eat pizza, and watch our movie, "Space Jam", while munching on popcorn.

Ages: 5-10 (must be potty trained)

\$30 Members (20% Sibling Discount)
\$40 Guests

PARENTS NIGHT OUT TOM AND JERRY: THE MOVIE

March 24, Friday / 5:30pm-9:00pm
Let's play games, create a craft, and enjoy dinner and dessert with friends. We'll end the night enjoying the movie, "Tom and Jerry", while munching on popcorn.

Ages: 5-10 (must be potty trained)

\$30 Members (20% Sibling Discount)
\$40 Guests

FOR MORE KIDS PROGRAM INFORMATION
contact: **Katie Riley**
email: katie@rollinghillsclub.com

FOR KIDS CLUB + E.C. INFORMATION
contact: **Natalie Abold**
email: natalie@rollinghillsclub.com

TENNIS

WEEKLY ADULT & JUNIOR TENNIS CLINICS + PLAY

PICKLEBALL CLINICS with KIWI

Tuesdays / 9:00am-10:30am

Join Kiwi and learn the basics of Pickleball play.

Register online or in the Tennis Office.

\$40 class

ST. PATRICKS DAY TENNIS/PICKLE POT LUCK MIXER

March 17, Friday / 5:00pm-7:00pm

Join us for our St. Patty's Day Celebration!!!

Enjoy corned beef sliders, beer and wine. Bring your favorite green side dish to share.

Register online

\$15 Tennis Members / **\$20** Fitness Members

FOR MORE TENNIS INFORMATION
contact: **Chris Kretchmer**
email: chrisk@rollinghillsclub.com

FITNESS

SENIOR STRENGTH TRAINING

2pm – 3pm Tuesdays and Thursdays
Stay Fit and Healthy with Lee! He will help you keep your New Years resolution by showing you how to stay fit and balanced..

\$10 class / **\$45/5** pack / **\$80/10** pack

SWING INTO SPRING WITH ANDREA

March 9, Thursday / 6:30pm

We'll learn the East Coast Swing! Come solo or bring your friends! All levels welcome.

FREE Members / **\$20** Guests

ST. PATTY'S DAY POWER STRENGTH & Happy Hour

March 10 / Friday / 5:30 class / 6:30 Happy Hour
Do your workout and then let the shenanigans begin!!!

ATHLETIC FOAM ROLLING + ACTIVE STRETCH March 26, Sunday / 3:00pm

Learn the proper technique of foam rolling. This class will help you create a routine of foam rolling exercises you can use at home to relieve tightness from head to toe.

\$5 Members / **\$10** Guests

FOR MORE FITNESS INFORMATION
contact: **Lee Boyajian**
email: lee@rollinghillsclub.com

FOR MORE GROUP EXERCISE INFORMATION
contact: **Alice Demushkin**
email: aliced@rollinghillsclub.com

COMMUNITY

INDIAN VALLEY OPEN SPACE

PRESERVE HIKE with Phil Johnson

March 11, Saturday / 8:00am at the Club

This local hike is a great late winter destination. For this 3.4 mile hike, bring snacks, water, dress in layers, and wear hiking boots.

FOR MORE COMMUNITY INFORMATION
contact: **Bobbie Bukszar**
email: bobbie@rollinghillsclub.com

PILATES

FUNDAMENTAL

9:45am Tuesdays + Thursdays
2:00pm Wednesdays

Beginner level 1/2

Ideal for beginners and those who want a safe and effective class experience to build a solid Pilates foundation.

JUMPCARD REFORMER SCULPT

Six days a week

9:00am Mondays, Wednesdays, Fridays, Saturdays
5:00pm Tuesdays + Thursdays

Advanced/Intermediate level ¾

This class is for strong and experienced clients who are confident with quick spring adjustments and a faster pace.

INTERMEDIATE REFORMER FLOW

10:15am Mondays + Saturdays

Intermediate level 2/3

To participate in this class you should have mastered the Pilates fundamental principles with at least 10-20 private reformer sessions or classes, and are ready for more!

INTERMEDIATE TOWER OF POWER

5:00pm Wednesdays **Intermediate level 2/3**

Spice up your Pilates practice with this intermediate full-body workout on the tower. Prerequisite: 10-20 group reformer classes or private reformer sessions.

\$35 class / **\$150/5** pack / **\$250/10** pack

FOR MORE PILATES INFORMATION
contact: **Megan Brown**
email: meganb@rollinghillsclub.com



ARE YOU READY FOR SPRING?
REFRESH with our **MARCH SPECIAL!**

Spring Glow Package

30 minute Integral Healing Massage

45 minute MJ Signature Facial

\$160 (\$225 Value)

ADD on to your Package and SAVE!

Hydrabrasion w/ Facial **\$50** (\$115 Value)

Extend your 30 minute Massage to a
60 minute Session for an additional **\$50!**

Call to book your appointment today.

**Members Discount does not
apply to monthly specials.**

M Jaeger Skincare / **415.751.0647**
info@marilynjaegerskincare.com
Breathe Beauty, slow and deep!

AQUATICS + SAFETY

YOUTH & ADULT SWIM LESSONS

PRIVATE SWIM LESSONS are available all year.

ARC LIFEGUARD TRAINING

March 24, 25, 26 / Friday, Saturday, Sunday
Friday: 5:00pm-7:00pm

Saturday + Sunday 10:00am-4:30pm

This course provides 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 illnesses until emergency medical services (EMS) personnel take over.

Upon successful completion, students receive a 2 year certification in Lifeguard Training, First Aid, and CPR/AED. Check the Prerequisites online. Guests register by email to Kathy Towey at kathyt@rollinghillsclub.com to be added to our system. Age: 15+

\$275 Members / **\$325** Guests

STINGRAYS SWIM TEAM

Our Stingrays Youth Swim Team practices from 4:00-7:30pm in the Lower Pool Monday thru Friday

FOR MORE AQUATICS INFORMATION
contact: **Kathy Towey**
email: kathyt@rollinghillsclub.com