



# Club Life

April 2024 • Rolling Hills

## Spring is in the Air

Get out and get moving.



### Club Highlights

#### Focus on Fitness

We have a variety of fun workout classes (like Pilates) that will help you crush your fitness goals! Sign up today on Connect.

#### Entertainment Center

This is the perfect place for kids ages 6+ to play indoor basketball and foosball, do arts & crafts, homework, and more!

#### Tennis Lessons

We have certified, skilled, and experienced teaching professionals who are available for private and group lessons!



#### Shared Membership

Take advantage of our warm weather activities by adding your favorite people to your membership!

Scan to add your squad.

# Hospitality & Family

## Shared Membership

Take advantage of nicer weather by trying an outdoor sport with your friends. Add up to five people to your membership today!

## STEM Egg Drop

**Saturday, April 6 | 1:30 pm-4:30 pm**

Calling all kid ages 6-12, we have a fun egg-drop engineering project just for you! Let's see how high we can engineer a lift and drop our eggs without breaking them. Enroll on Connect.

## Spring Break Camp

**April 8-12 | 9:00 am-4:00 pm**

Our school break camps offer a range of engaging and entertaining activities for your kids. Enroll on Connect.

## Earth Day Celebration

**Sunday, April 21 | 1:30 pm-4:30 pm**

We'll have an adventuresome afternoon for ages 3-8 as we study nature and make our own little worlds! What kind of a world would you make? Enroll on Connect.

## ARC Lifeguard Training

**APRIL 26, 27, & 28**

Are you looking for a great job or a challenging career? Become an American Red Cross Lifeguard! This is an online and in-person learning course for ages 15+. Enroll on Connect.





# Sports & Fitness

## Yoga Foundations

Wednesday, April 10 | 6:30 pm-7:45 pm

Although this is not a yoga class, we'll dive into the building blocks of yoga by focusing on proper alignment, form, and breathing. Bring questions and enroll on Connect!

## Chakra Wellness Workshop

Saturday, April 13 | 1:30 pm-2:30 pm

Learn about the energetic body and how to harmonize your chakras. Enroll on Connect.

## Kids' Sports Play Day

Sunday, April 28 | 1:00 pm-4:00 pm

Grab your tennis shoes and water bottles and join us for a fun sports play day! Tennis, pickleball, and basketball await. For all levels. Enroll on Connect.

## Senior Strength Training

Tuesdays & Thursdays | 2:00 pm-3:00 pm

Seniors, take your strength to the next level with Lee! Increase your balance, stability, and stamina to feel like your best self. Enroll on Connect.



# Spring Swing Dancing

APRIL 2, 9, 16, & 23

Grab your dancing shoes and come to the club to learn to how to swing dance. Beginners welcome and no partner needed! Enroll on Connect.

# April 2024

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 Pickleball Clinics 9:00 am-10:30 am Senior Strength Training 2:00 pm-3:00 pm Spring Swing Dancing 7:00 pm-8:00 pm	3	4 Pickleball Live Ball Drill 'n' Play 12:00 pm-1:00 pm Senior Strength Training 2:00 pm-3:00 pm Pilates Reformer Open House 5:00 pm-5:30 pm	5 Pilates Reformer Open House 11:30 am-12:00 pm Tennis + Pickleball Social 5:30 pm Parents' Night Out 5:30 pm-8:30 pm	6 STEM Egg Drop 1:30 pm-4:30 pm
7	8 Spring Break Camp 9:00 am-4:00 pm	9 Pickleball Clinics 9:00 am-10:30 am Spring Break Camp 9:00 am-4:00 pm Spring Swing Dancing 7:00 pm-8:00 pm	10 Spring Break Camp 9:00 am-4:00 pm Yoga Foundations 6:30 om-7:45 pm	11 Spring Break Camp 9:00 am-4:00 pm Pickleball Live Ball Drill 'n' Play 12:00 pm-1:00 pm Senior Strength Training 2:00 pm-3:00 pm	12 Spring Break Camp 9:00 am-4:00 pm Pickleball Live Ball Drill 'n' Play 5:00 pm-6:00 pm	13 Chakra Wellness Workshop 1:30 pm-2:30 pm
14	15	16 Pickleball Clinics 9:00 am-10:30 am Senior Strength Training 2:00 pm-3:00 pm Spring Swing Dancing 7:00 pm-8:00 pm	17	18 Pickleball Live Ball Drill 'n' Play 12:00 pm-1:00 pm Senior Strength Training 2:00 pm-3:00 pm	19 Pickleball Live Ball Drill 'n' Play 5:00 pm-6:00 pm	20
21 Earth Day Celebration 1:30 pm-4:30 pm	22	23 Pickleball Clinics 9:00 am-10:30 am Senior Strength Training 2:00 pm-3:00 pm Spring Swing Dancing 7:00 pm-8:00 pm	24	25 Pickleball Live Ball Drill 'n' Play 12:00 pm-1:00 pm Senior Strength Training 2:00 pm-3:00 pm	26 Pickleball Live Ball Drill 'n' Play 5:00 pm-6:00 pm ARC Lifeguard Training 5:00 pm-7:00 pm	27 Krav Fit Self Defense 9:00 am-10:00 am ARC Lifeguard Training 10:00 am-4:00 pm
28 ARC Lifeguard Training 10:00 am-4:00 pm	29 Kids' Sports Play Day 1:00 pm-4:00 pm	30 Pickleball Clinics 9:00 am-10:30 am Senior Strength Training 2:00 pm-3:00 pm	1	2	3	4



### Club Hours

**Monday through Friday:**

5:00 am-9:00 pm

**Saturday and Sunday:**

7:00 am-8:00 pm

### Contact Customer Service:

Log into the APP → More Tab → Contact us

Here, you can submit requests regarding membership changes, billing questions, and modifying your Shared Membership roster.

### Change Your Payment Method:

Log into the APP → More Tab → Billing → Payment methods  
→ Select your payment method

Payments can be set up with a debit card or checking account with zero transactional fees, or a credit card with a 2.5% surcharge.