



# Club Life

May 2024 • Rolling Hills

## Your Summer Retreat

Where relaxation meets fitness and sports



### Club Highlights

#### Kids' Club

Your kids will love the energy and fun in our Kids' Club. Drop them off and enjoy a workout.

#### Tennis + Pickleball

Learn a new sport with us. Fun, friends, and plenty of energy!

#### Fitness

We have a variety of workout classes that will help you stay in shape and they are lots of fun. Check out our schedule.



#### Shared Membership

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

Scan to add your squad.



# Hospitality & Family

## Member Social Event: Bagel Saturday

Saturdays | 9:00 am-11:00 am

Join us at StoneTree Golf Club for complimentary bagels and coffee on the first Saturday of the month. Socialize with new members before teeing off.

## Mommy & Me Paint and Sip at Rolling Hills

Sunday, May 5 | 4:00 pm-6:00 pm

Spend extra quality time with your kids while painting a pre-selected work of art. Step by step instructions and sparkling cider included. Ages 5-12.

## Member Social at StoneTree

Saturday, May 18 | 11:00 am-1:00 pm

Have you seen our new lounge? Come hang out in our newly developed lounge and enjoy complimentary light bites and drinks on us! Plus, meet our leadership team and staff.

## STEM Club at Rolling Hills

Sunday, May 19 | 1:30 pm-4:00 pm

It's all about bees! Join us for an afternoon filled with bee-utiful crafts and science. Ages 3-10.

## ARC Lifeguard Training

May 24-26

Looking for a new career opportunity? Become an ARC Certified Lifeguard. This is a blended learning class with online coursework prior to the first day of class. Please check the prerequisites. Ages 15+.







# Sports & Fitness

## Pickleball Live Ball Drill 'n' Play

Thursdays | 12:00 pm-1:00 pm

We'll focus on faster drills and less down time to keep the tempo moving. You're guaranteed to break a sweat and be game-ready for social play afterwards.

## Summer Set Up Nutrition Seminar

Wednesday, May 1 | 5:00 pm

It's the perfect time to focus on your nutrition. We'll guide you through a range of topics, including how to: determine your individual needs, use macronutrients, apply a balanced approach to nutrition, and more.

## Swim Lessons

Swim lessons are taught by our experienced and professional instructors in our year-round heated pools. We offer a complete progression of swim skill development from water adjustment to perfecting your stroke. Email [Aquatics.BCRH@bayclubs.com](mailto:Aquatics.BCRH@bayclubs.com) to register.

## Pilates Reformer Classes

Various Times

From Fundamental Pilates for beginners to Advanced Dynamic Pilates Reformer for those with experience. Enroll on Connect.

# Vinyasa Candlelight Yoga

Thursdays | 6:00 pm

Enjoy the flowing sequences of Vinyasa Yoga with the soothing ambiance created by candlelight.

# May 2024

## Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 Summer Set Up Nutrition Seminar 5:00 pm-6:00 pm	2 Pickleball Live Ball Drill 'N' Play 12:00 pm-2:00 pm Senior Strength Training 2:00 pm-3:00 pm	3 Pickleball Live Ball Drill 'N' Play 5:00 pm-6:00 pm Tennis + Pickleball Social 5:30 pm-7:30 pm	4
5 Mommy and Me Paint + Sip 4:00 pm-6:00 pm	6	7	8	9 Pickleball Live Ball Drill 'N' Play 12:00 pm-2:00 pm Senior Strength Training 2:00 pm-3:00 pm	10 Pickleball Live Ball Drill 'N' Play 5:00 pm-6:00 pm Parents Night Out 5:30 pm-8:30 pm	11
12	13	14	15	16 Pickleball Live Ball Drill 'N' Play 12:00 pm-2:00 pm Senior Strength Training 2:00 pm-3:00 pm	17 Pickleball Live Ball Drill 'N' Play 5:00 pm-6:00 pm	18
19 STEM Club for Kids 1:30 pm-4:00 pm	20	21	22	23 Pickleball Live Ball Drill 'N' Play 12:00 pm-2:00 pm Senior Strength Training 2:00 pm-3:00 pm	24 Pickleball Live Ball Drill 'N' Play 5:00 pm-6:00 pm Lifeguard Training 5:00 pm-7:00 pm	25 Lifeguard Training 10:00 am-4:00 pm
26 Lifeguard Training 10:00 am-4:00 pm Art Club for Kids 1:30 pm-4:00 pm	27	28	29	30 Pickleball Live Ball Drill 'N' Play 12:00 pm-2:00 pm Senior Strength Training 2:00 pm-3:00 pm	31 Pickleball Live Ball Drill 'N' Play 5:00 pm-6:00 pm	1



### 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.