



JUNIOR FALL CLINICS

STARTING AUGUST 17, 2020

All classes run Monday, Wednesday and Friday.

Following our state and county COVID-19 guidelines we have prepared a healthier community club to provide positive physical and mental experiences for maturing minds and bodies.

AQUATICS CLINIC PROGRAM - Outdoor Pool

The goal of this program is to offer every junior member an opportunity to improve their swimming technique, skills and conditioning. Instructional coaching will include swimming fundamentals, stroke refinement, water polo skills and core work. All water safe skill levels and swim interests are encouraged to join!

Ages 7-10 | 2:00p - 2:50p

Ages 11-13 | 3:00p - 3:50p

Ages 14&up | 4:00p - 5:15p

TENNIS CLINIC PROGRAM - Tennis Courts

The program is designed to provide instruction that matches each kids' development level. With professional and enthusiastic coaching they will master their skills and have fun, which will motivate them to play more often. With combined point play and drills they will be able to move on to the next level of tennis.

All age groups | 4:00p - 5:15p | *High School and high performance members additional options available.*

FITNESS CLINIC PROGRAM - NEW Fitness "Yard"

We developed our fitness program to keep junior members active and challenge their stamina, strength and flexibility. Exercises are geared toward safety and effectiveness for young bodies, focusing on helping them develop and broaden their athletic skills with strength, agility, endurance, weight and movement training.

Ages 7-10 | 3:00p - 3:50p

Ages 11-13 | 2:00p - 2:50p

Ages 14&up | 3:00p - 3:50p

COSTS

Monthly enrollment. Parent must be an active (or frozen) member of RAC.

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| 1 Program | \$185.00/month |
| 2 Programs | \$315.00/month |
| 3 Programs | \$380.00/month |



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