

# 2023 ACTIVITY GUIDE

HERE'S THE  
ULTIMATE WAY TO...

ENJOY  
SUMMER

(Hint: it starts now)

## INDOOR AND OUTDOOR ACTIVITIES FOR CHILDREN & ADULTS

CARDIO - PERSONAL & SMALL GROUP TRAINING - GROUP EXERCISE - YOGA - PILATES  
LAP SWIMMING - AQUA CLASSES - CHILDREN'S SPORTS & FITNESS - CHILDCARE ...AND MUCH MORE!

### PLUS THESE FAVORITES



Swim Lessons



Tennis



Summer Camp



Pickleball



Full Service Day Spa



**DIAMOND HILLS**  
SPORTS CLUB & SPA



1510 Neroly Road, Oakley  
925-420-4575 [sparetimesportsclubs.com](http://sparetimesportsclubs.com)

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Program Key: 🧑🏻 Ages 📅 Program Dates 🕒 Days/Times

## Group Exercise

The Club offers about 60 classes per week, including cardio, resistance, interval, dance, yoga, Pilates, barre, aqua and other class formats as well as over 20 live stream virtual classes.

### Fusion Barre

🧑🏻 13+ 📅 Ongoing

A wonderful fusion of Pilates and Barre makes this workout unique. In this class, you will build muscle endurance and get all the benefits of Pilates and Barre in a group setting.

### Aqua Fit

🧑🏻 13+ 📅 Ongoing

Get fit and tone! A fun, low impact way to exercise your heart and build your muscles. This class includes the use of aqua bells and noodles to tone and build strength.

### Rhythm Cycle

🧑🏻 13+ 📅 Ongoing

Party on the bike! High energy music is used in this class to help you feel the rhythm as we ride to the beat.

### Hot Yoga 85

🧑🏻 13+ 📅 Ongoing

Explore the bliss of a deeper mindful and intelligent stretch with a studio that is heated to 85 degrees. You will discover more space in the body and release stress and toxins.

### Power Pump

🧑🏻 13+ 📅 Ongoing

Improve muscular strength and endurance in this energizing class in which a variety of weight equipment and body weights are used to achieve sculpting results.

### Senior Fit

🧑🏻 50+ 📅 Ongoing

Especially designed for our seniors, this class is a safe and fun workout geared towards improving endurance, strength, flexibility and balance. All levels are welcome.

## Fitness

Our experienced trainers have a variety of backgrounds, specialties, and professionally recognized certifications so you can rely on them to guide and motivate you to a new level of fitness. We offer programs designed for people of all fitness levels.

### Small Group Training

🧑🏻 13+ 📅 Ongoing

From HIIT to Interval to TRX to Circuit - 30 minute high intensity classes! Workouts to help you achieve your desired results, including the latest, most innovative training methods.

### Fitness First

🧑🏻 13+ 📅 Ongoing

We will design a personalized workout program to help you get started and keep you on track. Our fitness staff will be with you every step of the way! Free to all new members.

### Private Training Services

🧑🏻 13+ 📅 Ongoing

One-on-One private training is available to our members who are looking for more specialized attention.

## Swimming

A wide range of activities awaits you in the water. Choose from large lap pools for the cardio swimmer, water exercise classes led by a certified instructor, and for your enjoyment, our pools and therapeutic spas are heated year-round.

### Master Swimming

🧑🏻 18+ 📅 Year Round 🕒 T /W/Th 7:30 - 8:45 PM, Sat 7:30 - 9:30 AM

Work with our US Masters certified coaching staff who provide structured workouts, actively correct stroke technique and help you reach your fitness goals in the water. Swimmers of all skill levels welcome.

### Swim Lessons

🧑🏻 2+ 📅 Year Round

Private & Semi-Private lessons available. Lessons are 25 minutes and available for all skill levels including adults and first time swimmers.

### Aquaknights Swim Team

🧑🏻 4 - 18 📅 April 4 - July 31 🕒 M - F 3:45 - 8:00 PM

A summer recreation team that is family oriented and dedicated to providing a motivating and challenging environment for each swimmer to compete and participate in a team sport. Visit Aquaknights.com.

### Baby & Me - Introduction to Water

🧑🏻 4 mos - 2 years with parent or adult 📅 April - October 🕒 F/Sat 12:00 - 1:00 PM

Each lesson is 25 minutes long. This is your baby's first swim lesson! Bring your little one to experience the water in a warm pool with experienced instructors who understand how exciting it is to introduce your baby to the water. Limit 6 babies with parent per class.

## Youth Programs

Hands down, we offer the area's best health club based youth programs whether its keeping them fit and healthy or providing stellar childcare services.

### Kids' Night Out

🧑🏻 18 mos - 13 📅 Ongoing

Parents enjoy an evening out, while we provide a fun safe environment for kids. Kids will enjoy crafts, active play, snack, and dinner.

### Summer Camp

🧑🏻 5 - 13 Yrs Old 📅 June 12 - July 21

The Summer Camp at Diamond Hills offers children a safe, friendly, active environment. Campers will have an amazing time participating in a variety of fun kids activities including: sports, games, fitness, crafts, and much more

### Kids Sports Conditioning & Group Exercise Classes

🧑🏻 7 - 13 📅 See monthly calendar for scheduled times

A workout with a fun environment for kids to develop their cardiovascular system, speed, agility, balance, endurance, strength, and flexibility.

### Kids' Basketball Camp

🧑🏻 7-13 📅 Dates to be announced

Train and develop players to their full potential. Skill development includes: basic warm-ups, ball handling and dribbling, form development, layup drills, one-on-one basic offense/defense rotation, practice games.

### Kids' Parties

Let us help make a special day even better!

Bounce House, pool usage and other party hallmarks available.

## Tennis & Pickleball

Whether you are a beginning player or a seasoned competitor, you have come to the right place. Few other sports clubs in the region offer you the court resources necessary to improve your game like us. Plus we have Pickleball too!

### Drop-in Tennis for Members

🧑🏻 16+ 📅 Ongoing 🕒 Mon - Wed 5:30 PM

A fun and organized social event that will ensure seeing your friends and maybe even meeting someone new. Our Drop-in coordinators will set you up with a partner and the fun begins.

### In-House Tennis Leagues

🧑🏻 16+ 📅 Ongoing April-June

World Team Tennis Men's/Women's/Mixed doubles format as well as Singles. We provide Social/Competitive in House Leagues for members in a fun format all year long.

### Beginner Clinics

🧑🏻 18+ 📅 Ongoing

Ideal for beginners and those just getting into competitive tennis. Learn the keys to shot selection, court position, and we'll add elements of ball control to help you to have fun and win some points!

### Summer Tennis Jr. Camp

🧑🏻 5 - 17 📅 TBD

A great opportunity to have fun on the tennis court, learn and develop tennis skills, and meet new friends. Introduce your child to tennis at a premium facility!

### Pickleball

🧑🏻 16+ 📅 Ongoing

Pickleball is essentially a cross between tennis and table tennis. The court is smaller and the rules are simple (similar to tennis) and easy to learn. The game provides fast-action and long rallies. Pickleball is fun for all ages and all levels of play. We offer a complimentary intro for all members, lessons and clinics, social and competitive events and a weekly Drop-in!

### Junior Tennis All Year Programming

🧑🏻 5+ 📅 Ongoing 🕒 Monday - Saturday

Junior Tennis challenges seasoned players and instructs beginners in a fun, creative and structured environment by Certified Teaching Professionals. Great fun and excellent development opportunities await your child in our high quality and comprehensive Jr. Academy.

## DIAMOND HILLS Spa

Diamond Hills Spa is open to the public and offers the perfect environment for relaxation.

We have seven private treatment rooms that are available for massage and facials. We also have a private nail room with 2 European massage pedicure chairs and 2 manicure stations for your nail care needs.

Diamond Hills Spa features an exclusive retail shop where you can purchase products from our professional skincare lines including Eminence, PCA Skin and Farmhouse Fresh Goods. We also offer gift certificates for all occasions. Each month we feature a special on facials, massage and nail services as well as a retail special. Check out [diamondhillsspa.com](http://diamondhillsspa.com) and our Facebook page!

# 20% OFF

## One 60+ Minute Service

Hrs: M 9:00 AM - 2:00 PM, W - F 9:00 AM - 8:00 PM, Sa 9:00 AM - 4:00 PM. Closed Sunday & Tuesday

Limit one coupon per household. First time spa client ONLY. Cannot be combined with any other discounts or offers. Some restrictions may apply. Coupon valid until 6/30/23.