

2024 ACTIVITY GUIDE

LET THE
FUN
BEGIN!



**PICK FROM AN AMAZING VARIETY OF SPORTS
AND FITNESS PROGRAMS FOR EVERYONE IN YOUR FAMILY**

Cardio • Weight Training • Personal & Small Group Training • Group Exercise • Yoga • Pilates
Tennis • Pickleball • Aqua Classes • Lap Swimming • Children's Sports & Fitness • Childcare • Parties

PLUS THESE FAVORITES



Swim Lessons



Junior Tennis



Summer Camp



Summer Socials

2024 ACTIVITY GUIDE

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

Group Exercise

Group Classes

🧑🏻 13+ 📅 Ongoing 🕒 Mon - Sunday (see website)
Strengthen your body and mind. HIIT, Barre Fusion, Performance Cycle, High Fitness, Strength in Motion, Yoga, Zumba, Cardio Kickboxing, and Senior Classes Workouts to help you achieve your desired results, including the latest, most innovative training methods.

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.

Tai Chi/Chi Gong

🧑🏻 13+ 📅 Ongoing
An ancient mind/body practice that gently steadies and balances the body at a deep energetic level. Learn the basics and philosophy of Tai Chi as well as the beautiful flowing movement of the practice.

Fitness

Personal Training

🧑🏻 13+ 📅 Ongoing 📅 Monday - Saturday (see website)
Customized personal training to help you achieve your desired results.

Small Group Training

🧑🏻 13+ 📅 Ongoing 📅 Monday - Saturday (see website)
You're in this together! Feed off the energy of your fellow participants to achieve your fitness goals even faster.

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.



Swimming

Master Swimming

🧑🏻 18+ 📅 Year Round 🕒 T/W/Th 7:30-8:45 PM, Sat 8:00-9:30 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. Competing in US Master Swim meets optional.

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 - July 🕒 7:00AM - 12:00PM
🕒 Daily
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 with parent or adult 📅 June - July
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

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 📅 June 10 - July 19
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' Parties

Let us help make a special day even better! Bounce House, pool usage and other party hallmarks available.

Tennis & Pickleball

Drop-in Tennis for Members

🧑🏻 16+ 📅 Ongoing 🕒 Monday - Wednesday 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 have fun and win some points!

Summer Tennis Jr. Camp

🧑🏻 5 - 17 📅 June 10 - 28 / July 8 - 26
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 and our Facebook page!

20% OFF
One 60+ Minute Service

Hrs: M/T 9:00 AM - 2:00 PM, W - F 9:00 AM - 8:00 PM, Sa 9:00 AM - 4:00 PM, Su 10:00 AM - 2:00 PM (May '24)
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 6/30/24.

