

## WELCOME TO OUR CLUB

### HISTORY

The Los Gatos Swim and Racquet Club has been owned and operated by the Denevi family since 1959. Our facility offers programs in tennis, aquatics, children's programs, fitness/group exercise, Pilates, and Yoga. We also offer a variety of social activities for the entire family.

### GENERAL INFORMATION

This booklet is filled with information about the Club's facilities, programs, special events, and rules and regulations. The Club's rules are designed to ensure that everyone has a safe and pleasurable experience at the Club. Please take time to read this booklet carefully.

The Club reserves the right to change or otherwise modify its facilities and the services offered from time to time, in its sole and absolute discretion, as required by business considerations and available facilities. This includes the right to close a portion of the facilities for necessary repairs or remodeling.

The Club may also adopt other rules or policies not herein covered and all members will be obligated to adhere to these policies. If adopted, they will be officially published in the Club newsletter or other written communication to members and become effective thirty days after they are adopted by Club management, unless deemed by the Club to be emergency rules and regulations, in which case the same shall become effective immediately and prior to any publication. These rules and regulations are not intended to regulate every occurrence at the Club. Club management reserves the right to take any action necessary to protect the Club and insure the safety and enjoyment of Club members.

Members and their guests are responsible for knowing the rules and for cooperating with Club staff in their enforcement. All members and their guests are subject to the rules and policies of the Club.

*The staff of the Los Gatos Swim and Racquet Club is here to serve our members. If you have a concern relating to the Club, please ask to see a manager. They will be more than happy to help in any way possible.*

### Check-In Procedure

All members and guests must check in at the Front Desk upon entering the Club. The Front Desk staff will check you into our computer system at that time. While this process may take a few extra seconds, we feel it is the best way to ensure that those using the Club are current members or legitimate guest(s) who have paid a guest fee. Our staff MUST enforce this policy to protect the privileges of all the members of our Club.

### Guest Policies

Members are welcome to bring guests to the Club. There is a fee for adults and juniors ages 4—17 years. There is no charge for children 3 years and under. The same person may attend as a guest twice in one month. Guests must be accompanied by the member at all times. Upon entering the Club, members MUST register their guest(s) with the Front Desk Staff. An additional fee may be charged to a member's account if guests are not signed in upon entering the Club. A member who wants to bring more than six guests at one time must obtain prior approval by a Front Desk manager.

### Group Parties

The lawn area adjacent to the 75-foot pool and playground is an excellent place to have a children's birthday party &/or a family barbecue or end-of-school year party. Call the Front Desk to reserve your table and barbecue well ahead of your party date, especially in the summer months. Parties are limited to a maximum of 40 people. Members will be charged guest fees for any guests who are non-members. There is no additional charge to rent the area.

## House Guests

House guest privileges are available for members who have guests staying in their homes for a short period of time. House guests must abide by all of the Club rules. Passes range from 10 days up to a maximum of one month. These passes must be purchased in advance. Upon entering the Club, the house guest must sign our Guest Sign In sheet. Please inquire at the Front Desk for prices and procedures for registering house guests.

## MEMBER'S Children

All children six years of age and under may not be left unattended on the Club premises. They must be under parent, baby sitter or Childcare supervision. Children 7 to 13 years of age may use the Club facilities, (a parent must be on premises), but are limited to these areas: pool, pool deck, playground, grass area, basketball court and Junior Lounge. Parents must be actively supervising their children while they are in the pool or spa, especially when lifeguards are not on duty.

## Nanny and Baby Sitter Policy

A nanny may be added to a membership, provided the nanny lives in the member's home and the nanny's full-time job is to care for the member's children. There will be an administrative fee to add the nanny to a family membership, unless there are already five people on the membership. If this is the case, then there will be an additional fee to add the nanny to the account and the monthly dues will also be increased.

Baby sitters may use the Club with no guest fee assessed, provided that the baby sitter's sole purpose is to watch the member's children. This means the baby sitter MAY NOT use the Club in any capacity, i.e., work out, attend group exercise classes or any other activity which is not for the benefit of the member's children. The baby sitter must also accompany the member's children at all times.

Upon entering the Club, all nannies and baby sitters must sign our Guest Sign In Sheet.

## GENERAL RULES AND REGULATIONS

1. Damage the Club sustains from the willful or negligent actions of any member, dependent of a member or their guests, will be paid for by that member.
2. Fighting, using profane language or any other conduct that is not conducive to a wholesome atmosphere will not be tolerated.
3. Bicycles, skateboards, scooters, or skates are not allowed in the Club at any time. All bicycles are to be locked to the Club's bike rack at the Club's entrance. The Club is not responsible for loss or theft of any of the above.
4. Smoking is not permitted at the Club.
5. Pets are not allowed on the Club grounds, with the exception of seeing eye dogs.
6. No one is allowed on Club property before or after hours of operation announced in the monthly newsletter.
7. Cell phones MUST be on vibrate or turned off. All calls must be taken outside.

## SERVICES

### Locker Rooms

The locker rooms are not to be used as play areas. We ask that parents please watch their children at all times while they are using the locker rooms, especially when they are showering. Junior shower time is limited to one minute.

A separate adult only locker room is available with lockers for rent. Each locker room provides members with soap, shampoo and conditioner. The Club provides a towel service that is offered to all members at the Front Desk. All towels are to be returned to the towel bin located in the Club's front lobby area.

### Lockers

Lockers are available to Club members for an annual fee. Lockers are assigned to members at the Club's Front Desk. The

Club also offers day use lockers free of charge to all members and guests. Day use lockers are controlled by Digilocks. The Club member uses a 4 number combination of their choice. The Club is not responsible for any items left in lockers or left in the locker area. All clothing items left overnight in the lockers or locker rooms will be placed in the lost and found.

### First Aid

The Club has first aid kits located throughout the Club. Please report any injury to Club personnel immediately. The Club staff will notify medical personnel if necessary.

### Monthly Newsletter

The Racquetteer, our Club newsletter, is sent to all members with their monthly billing statements. It announces new activities and special events. This information is also available on our Web site at <http://www.lgsrc.com>.

### Snack Bar

The Club's snack bar is open during summer season. It operates on a cash basis. It serves a variety of sandwiches and smoothies as well as ice cream and treats.

Members are also welcome to bring their own food and beverages to the Club. We ask that you eat only in the snack bar area, the Members' Lounge, or the lawn area. Glass containers are not allowed at the Club at any time. Vending machines, stocked with juices, sodas, water and snacks, are also available.

### IHRSA Passport System

Our Club is a member of the International Health Racquet & Sport Club Association, (IHRSA), which consists of more than 3,000 clubs throughout the United States. As an affiliate of IHRSA, you can enjoy the use of these member clubs if you are at least 50 miles or more away from your home club. Purchase the IHRSA membership passport for \$1.00. Members in good standing will pay the host club's guest fee. For additional information about the IHRSA passport system, ask a Front Desk person.

### Recycling

Recycling containers for newspaper, aluminum cans, plastic, and glass are located next to the Junior Lounge, ball machine court and the Pro Shop.

### Lost and Found

Items found at the Club will be placed in the bins outside the Front Desk lobby. The items in the bins will be periodically donated to a local charity. More valuable items are kept at the Front Desk. We will post a notice with the date before the items will be picked up for donation.

## AQUATICS

### The Pools

The Club has three outdoor pools. The largest is a 100-foot (33 1/3-yards) pool used for lap swimming, recreational swimming and diving, masters' swimming, swim team practice, and fitness classes. It is heated to an average of 80 degrees. Our 75-foot (25-yards) pool is used for lap swimming, fitness classes, swim team practice and meets, as well as children's swim lessons in the summer. It is heated to an average of 82 degrees in the winter; 85 degrees in the summer. Our wading pool is for non-swimmers ages 6 and under. It is open from April through September, weather permitting. It is heated to an average of 84 degrees.

### Pool Covers

The pools are covered at night to help conserve energy. During these times, the pools will close 15 minutes early. During inclement weather the covers may not be removed. Please call the Club to confirm the status of the pools.

## Aquatic Programs for Adults & Children

Throughout the year, there are a number of aquatic programs such as Masters', water fitness classes, swim team, and swim lessons which use both pools at different times. Every effort is made to schedule these programs to co-exist with normal recreational usage.

### Lap Swimming

Lap swimming is available year-round. You may have to share a lane with other swimmers. If this is the case, please let the person(s) know you are in the lane before you begin to swim. Please swim counterclockwise, keeping to the right side of the lane.

Generally, lanes are available in both the large pool as well as the training pool. However, during the summer, when swim lessons and the swim team are in session, lap swimming is not available in the training pool. The Club has kickboards, pull buoys, belts, and paddles available for adult use only. These items are located adjacent to the pools in a large, blue storage cabinet.

### Masters' Swimming

Masters' swimming is a coached, adult swim workout. Our coach will lead a workout, assist with strokes, and give advice. Program times are subject to change, please check the Group Exercise Schedule available at the Front Desk for current times, etc.

### Swim Team

The Club's Swim Team is a fun and competitive program for swimmers ages 5 - 18 years. The purpose of the team is to encourage healthy attitudes toward competition, improve personal swimming skills and provide a program which is consistent with swimming goals. Parents participate by volunteering during meets and other team functions. The team roster always fills quickly, so be alert for information about signing up.

### Swim Lessons

We offer a wonderful "Learn to Swim" program for all ages, emphasizing the ease of adapting to a new environment and making the non-swimmer to swimmer transition a comfortable one. We offer a range of group and private lessons for all ages and abilities. Lessons are taught in the Club's heated 75-foot pool. Lessons are offered May through August. Adult lessons can be arranged per instructor availability.

### General Pool Rules and Deck Safety

1. As a courtesy to others, please rinse off before using the pools.
2. Children 13 years and under must be actively supervised by an adult when lifeguards are off duty.
3. Adults always have priority in the lap lanes. Swim team members or juniors who are serious about swimming laps must be approved by the lifeguard on duty before swimming in the lap lanes. If lifeguards are off duty, Front Desk staff may give permission to serious juniors who wish to swim in the lap lanes.
4. The first 15 minutes of every other hour (12:00 noon, 2:00 pm, 4:00 pm, and 6:00 pm) is reserved for adult swim while the lifeguard is on duty. Only adults may use the pools or spa during adult swim times.
5. Appropriate swim attire must be worn at all times. Boxer shorts, cut offs or thong-type suits may not be used for outer swimwear.
6. All members must wear swimsuits. Each child, not potty-trained, must wear "swim diapers." Swim diapers can be purchased at the Front Desk.
7. Please eat in designated areas, away from the pools.
8. Smoking is not allowed anywhere at the Club.
9. There is no admittance into the pools with infectious diseases, open wounds or bandages.
10. Do not disturb the lifeguards. The guards' attention must be undivided.
11. Outdoor shower area is for rinse off only. Please do not use soap or shampoo in this area.

12. No one is allowed in the pool before or after hours of operation announced in monthly newsletter.
13. No diving is allowed in the shallow end of the pools. No diving is allowed in the small wading pool.
14. One person is allowed on the diving board at a time. A swimmer may bounce once and then must go straight off the board. Please use ladders to exit pools. No hanging on or swimming under the diving board at any time. No back flips, inward dives or any other dive that takes you back toward the board is ever allowed.
15. At no time shall any one swim or play around the skimmer baskets, drains or protective grates.
16. Kick boards and buoys are for adult use and juniors who are lap swimming only.
17. Glass, sharp or potentially dangerous items are not allowed in or around the pools or in the locker rooms. Please use plastic containers.
18. Dunking or boisterous play which may be disruptive to others is not allowed. Wrestling, shouting or contact games are not permitted.
19. Swimming under or climbing on the pool cover is strictly prohibited.
20. Please do not push or throw anyone into the pool at any time.
21. No large toys or tennis balls are allowed in the pools. Note: noodles are not allowed in the wading pool.
22. Spitting, spouting water or nose blowing in the pool is not permitted.
23. A parent must be in the water with children wearing artificial supports - NO EXCEPTIONS.
24. Parents are not allowed to toss children in hand dives or in similar activities.
25. No running allowed on the pool decks.

### Wading Pool Rules

1. There is no lifeguard assigned to this pool.
2. Parents of children, using the wading pool MUST remain inside the fence area at all times and must have direct supervision over their Child(ren) or guest(s).
3. Limited to use by children 6 years and under who are non-swimmers.
4. Each child, not potty trained, must wear a swim diaper. Diapers are for sale at the Front Desk.
5. No large toys, balls or floatation devices allowed in the pool (except water wings).

### Spa

The spa is located next to the ball machine court. Children, two years and under may not use the spa. Children, three years through thirteen years must be actively supervised by a parent.

1. As a courtesy to others, please shower before using the spa and sauna.
2. The Spa may only be used by members ages three and older. Children must be potty trained (no swim diapers are allowed).
3. No swimming, kicking, diving or rough play is allowed in the Spa.
4. Head must remain above water at all times.
5. No floatation devices allowed in the Spa.
6. Elderly persons, pregnant women, infants and those with health conditions requiring medical care should consult a physician before entering the Spa or hot tub.
7. Hot water immersion while under the influence of alcohol, narcotics, drugs or medicines may lead to serious consequences and is prohibited.
8. Do not use alone.
9. Long exposures may result in nausea, dizziness or fainting.

## Sauna

The sauna, located next to the large spa, is a co-ed, dry heat sauna. It is for members who are ages 16 years and older. No street clothes may be worn in the sauna - swimsuits only, please. For your own health, we suggest you limit your sauna use to a maximum of 10 minutes per use. Do not pour water on the lava rocks in the sauna.

## Locker Room Rules

1. Please limit your shower time to help conserve water.
2. The junior shower limit is one minute.
3. Children 6 years and under must be supervised in the locker rooms.
4. Fighting, using profane language or any other conduct that is not conducive to a wholesome atmosphere will not be tolerated.
5. Running and/or shoving in the locker rooms is not allowed.

## Adult Only Locker Room

Only members 18 years and older who rent lockers in the Adult Only Locker Room may use this room.

## KID'S CLUB

Kid's Club is a service for watching members' children while working out at the Club's facilities. Kid's Club services are offered by reservation for children 6 years and under. The staff to child ratio is one to seven. This includes one infant and 6 children over one year per staff. Walk-ins will be permitted if ratio allows. Children 6 years of age and under must be supervised by Kid's Club staff, a parent, or a babysitter while at the Club.

PARENTS MUST REMAIN ON THE PREMISES WHILE THEIR CHILDREN ARE IN KID'S CLUB.

## Rates

There is an hourly fee for Kid's Club services with a discount for additional siblings. You may pay by cash, check or charge your monthly fees to your membership account. You are financially responsible for the entire time you have reserved. Example: If one hour is reserved and you utilize only 45 minutes, you will be assessed the fees for one hour of time. If you are late, you pay your reserved time plus any additional late time.

Hours:

<b>Monday – Thursday</b>	<b>8:00 am - 1:00 pm</b> <b>3:30 pm - 8:30 pm</b>
Friday	8:00 am - 1:00 pm 4:00 pm - 8:00 pm
<b>Saturday</b>	<b>7:30 am - 1:00 pm</b>
Sunday	8:00 am - 1:00 pm

**PLEASE NOTE:** IF THERE ARE NO RESERVATIONS, KID'S CLUB CLOSES AFTER THE LAST SCHEDULED CHILD. HOURS MAY VARY, SO PLEASE CHECK THE MONTHLY NEWSLETTER FOR ANY CHANGES.

## Reservations

Reservations can be made up to one week in advance in person, or by phoning Kid's Club (see hours above) at (408) 358—1967, or with the Front Desk staff at (408) 356—2136 if Kid's Club is closed. Please do not leave reservations on the answering machine. Make your reservation times appropriately, as you will be charged for the full reservation time you make. (See rates.) If you need additional time, please notify the staff so they can see if space is available. If you do

not show within 15 minutes of your scheduled time, your reservation will be given to someone on the waiting list. Non-members may not make reservations.

### Kid's Club Cancellations

Cancellations must be made at least one hour prior to member's reservation time in order for the member not to be charged for the amount of time they have reserved. If the member gives less than one hour notice, they will be charged their full reservation time. Members may leave cancellations on the answering machine or with the Front Desk staff when Kid's Club is closed.

### Signing In and Out

Parents must sign their children in and out during the time the child is left under the care of Kid's Club.

### Personal Items

If your child needs items such as bottles, diapers, wipes, or a security blanket, please bring them with you. It is permissible if your child has a special stuffed toy he/she would like to bring. However, for safety reasons, we ask that you leave all other toys at home. Please label everything with your child's name and phone number!

### Snacks

You may bring a snack for your child. However, please refrain from bringing in any foods which can be a choking hazard to crawling infants such as popcorn, peanuts, gum, whole grapes, hard candy, etc., or which may damage the carpet if dropped or spilled.

### Special Activities & Classes

Additional fees may apply and sign ups are taken at the Front Desk for special events. Again, a one to seven ratio of staff to children is maintained. These special activities include events that occur every month as well as events that are special to a particular month. Some examples of ongoing events are Kid's Night Out, Camps, and Kid's Fit Play.

## FITNESS & CARDIO CENTERS

It is recommended that all new members participate in the complimentary orientation to our fitness and cardio equipment. Allow about an hour for the staff to familiarize you with the equipment and answer any questions you may have.

Before beginning any fitness program, be sure the Club has a current health history form on file. We also suggest you check with your doctor before starting a fitness program.

### Weight Room

The Club provides Cybex selectorized weight equipment and Iron Grip free weights. In our two cardiovascular rooms, you will find a variety of equipment including treadmills, elliptical machines, bikes, climbers, and rowing machines. Additional equipment includes: agility ladders, medicine balls, stretching equipment, and theraballs. Fitness personnel are available to assist members in both the weight room and the cardio rooms.

### General Fitness Center Rules

1. Proper workout attire should be worn at all times. Shirts and closed-toed shoes must be worn. No swimsuits or wet clothing are permitted.
2. Children, 11 and under, are not allowed in the fitness and cardio rooms at any time. Children 12 to 13 years who have passed the Junior Weight Training Class may use the Fitness Center with a parent actively supervising.
3. No food, drink or chewing gum in the fitness areas please. (Water bottles are OK.)
4. Swearing or loud and abusive language will not be tolerated.
5. Please do not drop free weights on the rubber flooring. Fitness personnel are available to spot you.

6. As a courtesy to others, please re-rack weights properly when finished.
7. The Club requires the use of weight lifting collars on free weight bars. If you choose not to use them, you will be using free weights at your own risk.
8. Please limit your use of cardio equipment to a maximum of 30 minutes if others are waiting.
9. The proper use of safety cords on all the treadmills is strongly encouraged.
10. The fitness center and cardio center phones are for emergency use only.
11. As a courtesy to other members, please wipe down the equipment in cardio and weight rooms after each use. Towels and cleaner are provided in each room.
12. The fitness staff can change a radio station if appropriate, or you may bring headphones and radio.

## Personal Training

For additional training needs, personal trainers are available by appointment only. Our trainers are certified and eager to help you attain your desired fitness goals. An additional fee is charged for these private and group sessions. Prices vary upon the number of sessions you would like to purchase as well as the trainer you choose to work with. We also offer small group training sessions. For more information, please contact our Fitness Director. NOTE: Personal trainers must be employees of the Club.

## GROUP EXERCISE

The Club offers a wide variety of group exercise classes seven days a week. The monthly schedule can be found inside the Racqueteer or on our Web site. Additional copies of the schedule are also available at the Front Desk.

To add variety and balance to members' exercise program, specialty classes such as Pilates, masters' swimming, aqua aerobics, etc., are offered. These classes and times are listed on the monthly calendar in the Club newsletter. (There is an additional charge for the Pilates Fundamentals Class.)

## General Guidelines

1. Advise the teacher before class of chronic physical problems, recent surgeries, injuries, or pregnancy or if this is your first class.
2. It is important to be on time and, if possible, to not leave early.
3. Wear comfortable clothing.
4. Our group exercise room is equipped with a specially designed hardwood floor. Please help us maintain it by wearing athletic shoes only. Please do not walk on the floor with high-heeled shoes, bike cleats, or other hard-soled shoes.
5. No food or drinks are allowed in the group exercise room. (Water bottles are OK.)
6. As a courtesy to others, wipe down and store equipment neatly.
7. The room is air conditioned for comfort during the group exercise classes and is heated for most Yoga classes.
8. Please do not enter the group exercise room if there is a class in progress. Please wait quietly outside the room for the class to end before entering.
9. All equipment must be returned, neatly stacked, to the storage room off to the side of the Group Exercise room after each use.
10. Juniors 14 years and older are allowed to participate in our group exercise program, unless otherwise noted.
11. Young children are not allowed in the room while classes are in progress. Please make child care arrangements prior to classes.

## Group Exercise Classes

Ab Blast - 15 minutes of abdominal work.

Cardio Sculpt - Combination of cardiovascular and strength training in class format using the Step, Body Bar, tubing and dumbbells, 60 minute class.

Cross Training - Combines various forms of aerobic and sports conditioning with resistance work. Class will include cycling also, 60 minute class.

Group Cycle - A powerful cardiovascular workout that simulates a realistic cycling workout on the road. This class will significantly increase the strength of your lower body. 45 minute or 60 minute class.

Pilates Class - A unified exercise technique composed of several controlled, precise movements aimed at stretching and strengthening the muscles of the back, buttocks and abdomen. Pilates can help improve your posture. All exercises are performed on a mat. 45 minute or 60 minute class.

Power Sculpt - A powerful class with emphasis on increasing your strength. A combination of Body Bars, hand weights and resistance tubing will be used to SCULPT your body. 60 minute class.

Step - A great lower body workout using the Step. This class gives you a good cardio workout as well. A fun and challenging class. 60 minute class.

Step Interval - A vigorous high intensity/low impact workout using the Step. This class incorporates sets of combinations on the Step, mixed with intervals of muscle conditioning. 75 minute class.

## WATER FITNESS

Aqua Combo - A shallow and deep water cardio movement. Upper body sculpting with buoys. Total body workout. 60 minute class.

Aqua Body Conditioning - This class combines all elements of our AQUA classes into one total body workout. Anything goes in this class! 60 minute class.

## YOGA

Yoga is a dynamic form of physical exercise. Best known to help release physical and emotional tension, Yoga can also improve circulation, respiration and digestion, as well as promote good posture and coordination. Regular practice develops physical strength, endurance, flexibility, and a relaxed state of mind.

All Yoga classes offered at our Club are classified as Hatha Yoga—a dynamic practice of physical exercises accompanied with conscious breath and awareness of Body-mind-spirit connection. In Hatha Yoga there are several different styles and approaches that are generally geared toward developing the body's strength, flexibility, agility, balance, stamina and endurance in a safe and balanced way and with emphasis on deep release of tension and promotion of mind relaxation and spiritual cultivation.

We offer daily classes and ongoing workshops to fit into your busy schedule. Our yoga instructors offer different styles of Hatha Yoga to compliment your personal fitness plan.

### Guidelines for Yoga

1. Please do not eat a heavy meal one to two hours prior to class.
2. Wear comfortable workout attire, with bare feet. Bring a bottle of water and a towel.
3. Sticky mats are provided, although it is recommended that serious students purchase their own mat.

4. Advise the teacher before class of chronic physical problems, recent surgeries, injuries, pregnancy or if this is your first class.
5. It is important to be on time and, if possible, do not leave early.

## Yoga Classes

Beginning Yoga - A class for those new to yoga, or coming back to their practice after some abandonment. Gentle in design, this class will teach the fundamentals of yoga with emphasis on relaxation, breath work, alignment and education. All levels welcome; a perfect place to start your practice before experimenting with some of our more challenging classes!

Eclectic Yoga - Taught by our most eclectic teachers. It will combine many styles of yoga, and will always be challenging to the body/mind and geared towards exercising the spirit! All levels of practice are welcome, although some experience in Yoga is helpful!

Gentle Yoga - This class is taught in the style of vinyasa yoga, but conducted in a much slower format than our traditional classes. Great for all levels of practice, but especially for those new to yoga, or looking for a more mellow yoga practice.

Hot Yoga - A specialized series of (26) yoga poses which are done the same manner and sequence in each class. A variation of the "Bikram" method of yoga, each pose is repeated twice in a heated yoga room.

Meditation - Guided imagery to allow the mind and body to relax.

Restorative Yoga - A practice for those seeking profound rest and relaxation through nourishing postures, simple meditations & guided imagery. This style is most often prescribed by physicians and alternative health care providers, as it is deeply healing & regenerative. Good for all levels of practice!

Vinyasa Flow Yoga - Sometimes called Power or Ashtanga Yoga, this energetic and flowing class builds heat and detoxifies the body through a challenging series of sun salutations and yoga poses. Work at your own pace, this practice is quite athletic, building stamina and physical strength.

Yin Yoga - A mellow class conducted mainly on the floor with props, quiet music and inspirational readings. Yoga poses are held for very long periods of time, typically 3—5 minutes. Challenging in many ways, this class is not for beginners, some experience in yoga is required.

## TENNIS

Our Club is an award-winning tennis facility. In 1998, we were recognized by the USTA as the Nor Cal Club of the Year, and by the USPTR as their International Club of the Year. Our professional tennis staff offers a variety of tennis clinics, lessons and other services for both adults and juniors.

In the Pro Shop, you'll find a full line of racquets, shoes and other tennis accessories. Racquet stringing is also available. The Pro Shop's direct number is (408) 356 - 8363.

### Court Reservations

Courts may be reserved up to three days in advance by calling the Front Desk at (408) 356 - 2136 starting at 8:00 am. After 8:15 am reservations are taken in the Pro Shop at (408) 356 - 8363. Pro Shop personnel will alternate taking phone reservations with in-person reservations. Calls are taken in the order received.

### Morning Court Reservations

Some courts are reserve-able at 9:00 am and 10:30 am, other courts are assigned on a "walk-on" basis.

### Evening Court Reservations

Courts are reserve-able at 6:00 pm, 7:30 pm.

## Time Limits

Singles players have 1 hour 15 minutes and doubles players have 1 hour 30 minutes of court time. Three of the foursome must be in attendance to receive a court. Both singles players must be present to receive a court. A court may be given to another party if it is not occupied 15 minutes after the scheduled start time.

## Frequency of Reservations

Each member may reserve two time slots per week. A member may not reserve two or more courts at any one time. Additionally, members may not make back-to-back reservations.

## Waiting List

When all courts are full, your name will be placed on a waiting list. When a reserved court is canceled, the staff will call the names on the waiting list in order to fill the court.

## The Tennis Lesson Program

We offer a variety of clinics, lessons, and drills for tennis players of all skill levels and ages. Sixty and ninety minute clinics for groups and teams of all levels are available. Private, group, and video taped lessons and drills can help you fine tune your game or motivate you to play.

## Junior Tennis

Juniors participate in a progressive program geared toward the individual development of the player. On the advice of the Tennis Pro, juniors may move levels at any time. Junior Team Tennis participates with Junior Interclub and Junior League team practice and match play. Each player receives a weekly personal evaluation of their progress and participates in our monthly player parties.

The Junior ladder is also available for challenge matches.

## Tennis Etiquette

Appropriate Attire: Proper tennis attire must be worn at all times. Shirts must be worn at all times. (Tank tops are OK). No black soled shoes, i. e. , running shoes. No jeans or slacks.

Tennis Courts: The tennis courts shall be used for tennis only. No hockey, la crosse, or baseball, etc. No food or drink shall be allowed on court. (Water is OK.) The use of foul language will not be tolerated. Please discard trash in court garbage cans.

Etiquette for Taking and Leaving Courts: The correct etiquette while wait-ing for a court is as follows: stand outside of gate to wait for the finish of a point. After point is over let players know you are there to take the court. Please be courteous and do not walk on the court in the middle of a point. If players are waiting for your court, please finish the current point and be as brief as possible when exiting the court.

## Spring and Summer Adult Leagues

USA Women's, USA Men's and Super Seniors (65+) singles and doubles leagues are sponsored by the USTA. We offer play for NTRP levels from 2.5 to 5.5. Sign ups start in January and play begins in April.

## Fall and Winter Adult Leagues

USA Mixed Doubles - We offer combined NTRP levels from 6.0 to 10.0. Matches are held weekly. Teams form in August and September.

USA Senior League - Sponsored by the USTA for players age 50 and over. We offer NTRP levels from 3.0 to 5.0. Matches are played on weeknights for men and on weekdays/nights for women. Teams form in August and September.

Combined League - combined teams of men and women with NTRP levels from 5.5 to 10.5. Matches held weekly, season runs from September to November.

Women's Interclub League - This popular league is played on Thursday mornings followed by a lunch provided by the host team. We offer four levels: A1, A2, B1, and B2.

Peninsula Senior Men's League - Senior Men's League, ages 60 years and over, with doubles matches played October through February.

## Social Tennis

Throughout the year, the Club hosts many social tournaments and parties. You can relax with the Pros at our monthly Wine Down, a casual, mixed doubles round robin, featuring wine and refreshments. In addition, there are social round robins and special holiday tournaments. Club championships are held at various times throughout the year.

## Outside Events

From time to time the Club will hold outside tennis events such as: a fundraising tournament, "NCTA Senior Tournament, USTA Women's Professional Tournament, NCTA Mens' Open Tournament and Girls' 18's National Hardcourt." The Club has also provided courts for San Jose State University Women's Tennis home matches and high school play off matches.

## Ball Machine

The Club offers a ball machine for use by our tennis members. Our ball machine is located on its own court. Check out the key to the court from the Pro Shop. (If closed, see the Front Desk.) For your safety, do not walk or stand directly in front of the ball machine at any time during its operation. Please donate your used balls for the machine.

## Ball Machine Rules

1. You may reserve one day in advance.
2. You can pick up the gate key in the Pro Shop. If the Pro Shop is closed, the key will be at the Front Desk. Please return the key when finished or give it to the next player on the court.
3. You may practice for a maximum of 30 minutes if players are waiting.
4. Please pick up balls and cover the machine when finished.
5. Players under 14 must be approved by a Tennis Pro and also supervised by an adult (over 17 years) while using the ball machine.
6. As a courtesy to others, please leave the ball machine court clean.

## MEMBERSHIP ACCOUNTING

Statements are mailed to members on a monthly basis and will reflect current dues and past month's payments and charges. All fees are due by the 10th of each month. Payments not received by the 10th of the month are subject to a late fee. As per the membership agreement, members whose accounts are 60 days past due are subject to collections costs and/or attorney's fees. Billing inquiries may be directed to the Accounting Office at (408) 356 - 2136, Monday through Friday between 8:30 am - 4:00 pm.

## Termination of Membership

It is the member's responsibility to notify the Club in writing when terminating a membership. The member MUST give a 30-day advance written notice to terminate membership. The thirty days begins on the date the Club RECEIVES the notice of termination. To close the account, membership dues will be pro-rated from the date the notice is received. The account will be closed only after all account balances have been paid in full.

## Cancellation Upon Relocation

The Club requires a 30-day advance written notice for cancellation of membership. If Member permanently moves further than 25 miles from the Club and is unable to transfer his/her membership to a comparable facility, Member shall be relieved from the obligation of making payment for services other than those received prior to the move, and if Member has prepaid any sum for services, so much of such sum as is allocable to services he or she has not taken will be

refunded. Member must be in good standing as of the date of cancellation and will be required to send to the Club proof of Member's new permanent address.

### Expulsion

Any member may be expelled by the management with or without cause. Cause for expulsion may consist of violation of any Rule or Regulation of the Club or of any conduct which in the opinion of the management is prejudicial to the welfare, good order or character of the Club. In the event of expulsion, there will be no refund of monthly dues or initiation fees but member's liability for future monthly dues shall cease.

### Changes in Membership Status

The Club requires written notification of a change in membership status. As stated in the membership agreement, the Club reserves the right to charge a fee(s) for changes in membership status. A change of membership status form is available from the Front Desk.

If a Member reduces the level of the membership (i.e., from a Couple to a Single Membership), there shall be no refund of the initiation fee, but the monthly dues shall be adjusted accordingly from and after the effective date of the change. If a Member desires to increase the level of the membership (i.e., from a Single Membership to a Family Membership etc.), the Member shall be required to pay an upgrade fee equal to the current difference between the initiation fees.

### Bank Fees

All returned checks are assessed \$25.00 as a service fee plus any fees charged by the Club's bank. This fee will be charged to your membership account. If it is not possible to re-deposit the check, the member must pay cash for the returned item and all applicable bank charges.