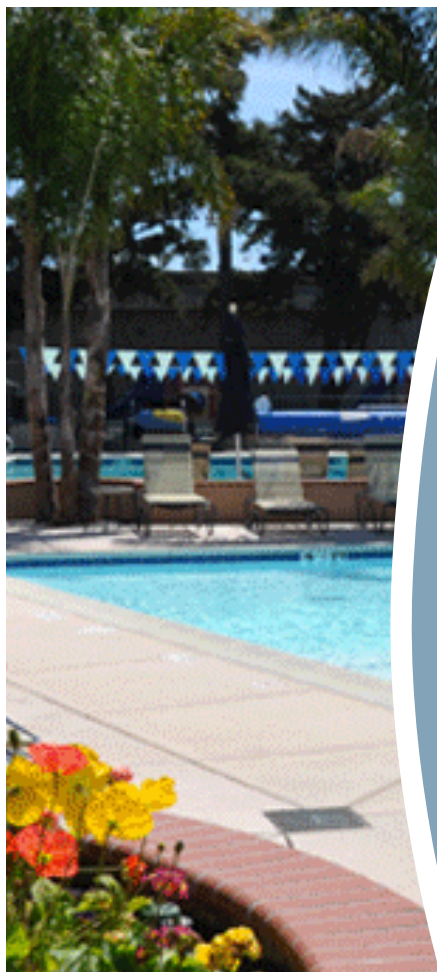




Racquetteer

Newsletter for Members of the Los Gatos Swim & Racquet Club

AUGUST 2017



FALL 2017 YEAR-ROUND SWIM TEAM

Los Gatos Aquatics is a competitive Year-Round USA Swimming Team. Our goal is to help every swimmer develop a love for the sport of swimming, for our swimmers to be confident and independent, and to help swimmers understand, create, and reach personal goals. Our swim team has been recognized as a Level 1 Swim Team by USA Swimming. We encourage our Year-Round Swim Team Members to participate in the United States Swimming (USS) competition program where they will travel to various competitive meets within the Bay Area. Our Year-Round Swim Team steps up the competition from Summer Swim Team. We believe in well-balanced, challenging workouts that include technique, endurance, and strength building exercises. We believe that "fun" is what keeps swimmers happy and keeps them improving. Sign-up at the Front Desk today!

Fall Year-Round Swim Team: August 21st - December 15th

Practice Days:	Monday - Friday	
Practice Times:	6 - 10 Years Old	4:30PM-5:30PM
	11 - 18 Years Old	5:30PM-7:30PM Mon, Wed, Fri
		5:30PM-7:00PM Tues and Thurs

Registration Fee: \$425.00

Additional Fees: \$73 US Swimming Registration fee if swimmer competes in meet, plus meet entry fees when applicable. US Swimming Registration fee is made payable to PacSwim. Please see the Front Desk for form.



CLUB HOURS

Monday - Friday
5:00 am - 10:00 pm

Saturday - Sunday
6:30 am - 9:00 pm

PHONE NUMBERS

Main Office	(408) 356 - 2136
Aquatics	(408) 356 - 2136
Kids' Club	(408) 358 - 1967
Fitness	(408) 356 - 2136
Tennis.....	(408) 356 - 8363
Fax	(408) 358 - 2593

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TENNIS

NEW! GENERATION GAP TENNIS TOURNAMENT SUNDAY, AUGUST 6TH

The Generation Gap tournament, sponsored by Coach Adam, provides a unique opportunity that is so rare in competitive tournament play — juniors and adults uniting and playing WITH and AGAINST each other on a leveled playing field. Gen-Gap is a great opportunity for LGSRC Members, who are hungry for competition, to compete against a variety of playing styles. It also shows them firsthand that tennis is the sport of a lifetime.

For our club tournament, we will be placing players together based on their UTR or Universal Tennis Rating or NTRP Rating. Our aim is to provide everyone with a competitive match up. Match format will be 6 game sets with no-ad scoring. We will primarily play singles, but may have the opportunity to play some doubles sets as time and court availability allows.

Our LGSRC Gen Gap Tournament will be held Sunday, August 6th, from 10:00AM – 1:30PM. Cost will be \$15 per participant. Lunch and non-alcoholic drinks will be provided. Tournament is open to 3.0 - 4.0 rated players.

Places In the tournament are limited, so sign up now in the pro shop to reserve your spot. Tournament sign-ups close on Wednesday, August 2nd.

NEW! USTA 10U ORANGE BALL/GREEN BALL TOURNAMENT SUNDAY, AUGUST 13TH

On Sunday, August 13th, LGSRC will be hosting our first USTA 10U Orange Ball/Green Ball Tournament. This will be open to all 10U players and will give players the opportunity to compete in a competitive environment but in a non-elimination format. Players can participate in singles and doubles draws.

Players must have a current USTA membership to participate. The link to register for the tournament is here:

<https://tennislink.usta.com/Tournaments/PlayerRegistration/RegisterPlayer.aspx?T=205948#&&s=0>

Any questions can be sent to the Tournament Director, Adam Lucero, at adam@lgsrc.com.

FALL JUNIOR TENNIS

Our Fall Junior Tennis Program runs from Tuesday, August 29th - Saturday, December 16th. Come when you want, as often as you want! Drop in participants welcome. We offer discounts on multi-packs for the same student. Participants will receive a 10% discount on a pre-paid 10-pack and a 15% discount on a pre-paid 20 pack! No make up classes.

7 & UNDER RED

Tuesday, Wednesday, Thursday from 4:00 PM - 5:00 PM

Saturday 10:30 AM - 11:30 AM

Rates: \$15.00 Tennis Member
\$16.50 Fitness Member
\$18.00 Non-Member

8 - 12 ORANGE BALL/GREEN BALL

Tuesday, Wednesday, Thursday from 4:00 PM - 5:30 PM

Saturday 10:30 AM - 12:00 PM

Rates: \$24.00 Tennis Member
\$26.50 Fitness Member
\$29.00 Non-Member

TENNIS

PARENT/CHILD TENNIS TOURNAMENT SATURDAY, SEPTEMBER 16TH



On Saturday, September 16th we will host our annual Parent/Child Tournament open only to LGSRC Members and their immediate family.

There will be an advanced flight (A) and an intermediate flight (B); there may also be a beginner flight (C) if there are enough entries. Teams can be any combination of parent/child. The cost is \$40 per team and each player will receive a participation certificate. The winners and finalists of each flight will receive awards. The event will be run from 1:00PM to 5:00PM with dinner and drinks to follow. For more information or to register please stop by the Pro Shop or e-mail lgsrc.proshop@gmail.com.

ANNUAL TEAM TENNIS CHALLENGE SATURDAY, SEPTEMBER 23RD

On Saturday, September 23rd from 1:00PM to 6:00PM, LGSRC will be holding our annual LGSRC Team Tennis Challenge. This is a non-sanctioned (non-USTA event), held only for LGSRC tennis members. There will be four teams, each captained by a member of our teaching staff (Vince, Noi, Jeff, and Adam). Each team will be composed of an equal number of NTRP rated players that will represent their teams at their respective levels. The format will be a round robin tournament, consisting of three rounds of one set match play. Each team will have singles and doubles ranging from 3.0 – 4.5. Each set won will count as a point for your team. Total games won will be used as a tiebreaker. The scoreboard will be updated as matches conclude, so you can track your team's progress. After all matches conclude, we will announce the 2017 champion team and then start our barbecue and triples tournament. This event is a lot of fun and last year had over 70 entries! Space will be limited this year and you will be signed up first come first served so sign up ASAP. Registration can be emailed to lgsrc.proshop@gmail.com or called in at 356-8363. Fee is \$20 per player and includes registration, barbecue, and triples drill court.



GROUP EX SCHEDULE - AUGUST

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Masters Swim (60) HD Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) TBA Group Cycle (60) DM	Cardio Sculpt (60) DM	Masters Swim (60) TBA Group Cycle (60) DM	
7:00 AM							Group Cycle (55) DM
7:30 AM							Masters Swim (90) JS
8:15 AM							Body Sculpt (60) DM
8:30 AM	Zumba (60) LY	Step/Sculpt (60) LP	Pilates Mat (60) AW	Zumba (60) KL	Pilates Mat (60) AW	Zumba (60) KL	
9:30 AM		Pilates Mat (75) AA Aqua Combo (60) KO	Masters Swim (60) MF	Barre (75) DR Aqua Combo (60) MS	Masters Swim (60) MF Group Cycle (90) LE	Cardio Sculpt (75) DR Aqua Combo (60) DC	Eclectic Yoga (90) LE Aqua Combo (60) MM
9:45 AM			Cardio Strength Training (60) LM				
10:00 AM	Eclectic Yoga (90) EF						
10:45 AM			Yoga Fundamentals (60) LW				
11:00 AM				Vinyasa Yoga (75) LW			
11:30 AM						Vinyasa Yoga (90) HE	Zumba (60) LY/TBA
12:00 PM		Zumba (60) VZ	Group Cycle (60) LE		Gentle Yoga (60) DC		
1:00 PM		Sr. Conditioning (60) DR		Sr. Conditioning (60) DR		Sr. Conditioning (60) DR	
3:00 PM				Qigong (75) BB			
4:00PM			Gentle Yoga (60) AW		Gentle Yoga (60) AW		
4:30 PM		Group Cycle (60) LE					
5:30 PM		Barre (60) SC	BODYSHRED™ (60) SL	Cardio Sculpt (60) DR	Zumba (60) JH	Zumba (60) LH	
5:45 PM							
6:30 PM		Beginning Yoga (90) EF			Pilates Mat (60) BA		
6:45 PM			Zumba (60) AG	Vinyasa Yoga (75) HE			
7:00 PM			Pre-Masters Swim (60) JS		Pre-Masters Swim (60) JS		
8:00 PM				Zumba (60) HH			

AA-Allyson Atwell	EF-Elena Fisher	LH-Ley Howell	RY-Rachel Young
AG-Amy Gardner	HD-Heather Driscoll	LE-Lauren Egavian	SC-Stefanie Chase
AW-Ann Weismann	HE-Heather Estrada	LM-Luciana Mendonca	SL-Shannon Larsen
BA-Becky Alcorta	HH-Hila Harel	LP-Laura Peterson	VZ-Valy Zumpano
BB-Barbara Branaman	JH-Jennifer Hill	LY-Lupe Yepiz	
CL-Christy Li	JM-Jackie McCleary	LW-Linda Wagner	
DC-Debra Cohen	JS-John Schaefer	MF-Mike French	
DM-Dolores Montenegro	KL-Kate Loweth	MM-Morgan McKinney	
DR-Deborah Rothschild	KO-Kathleen O'Malley	MS-Marlene Suits	

GROUP EXERCISE

August Group Ex Schedule Changes and Announcements

- Instructor Ley Howell will be teaching the Friday night Zumba classes at 5:30PM. Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.
- We will be offering Barre Class with Deborah Rothschild on Wednesday mornings from 9:30AM - 10:45AM. Barre fitness classes are ballet-inspired and mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music.
- Senior Conditioning will now be at 1PM on Monday, Wednesday and Friday with instructor Deborah Rothschild. Senior Conditioning class focuses on cardio conditioning, balance, agility, core strengthening, resistance, and flexibility training. It helps improve overall body and mind health.

ANNUAL SWIM FEST

Masters Swim is Having a Swim Meet!

The date is Saturday, September 9, 2017 from 10:30AM to 2PM. The training pool will be used for this event and the large pool will still be available for laps and freestyle.

DATE: Saturday, September 9, 2017
 TIME: 10:30AM-2PM
 POTLUCK TO FOLLOW!

Sign up at the Front Desk for your event and potluck dish beginning in August.

For more information, please contact Group Ex Director, Lauren Egavian.



CROSSFIT SCHEDULE - AUGUST 2017



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM			CrossFit (BS)		CrossFit (BS)		
6:00 AM		CrossFit (BS)	↓	CrossFit (BS)	↓	CrossFit (BS)	
6:30 AM	OPEN GYM	↓	OPEN GYM	↓	OPEN GYM	↓	
7:00 AM	(ALL DAY)	OPEN GYM	↓	OPEN GYM	↓	OPEN GYM	
7:30 AM	↓	↓	↓	↓	↓	↓	
8:00 AM							CircuitFit (TS)
8:30 AM		CircuitFit (KZ)	CircuitFit (KZ)	CircuitFit (KZ)	CircuitFit (KZ)	CircuitFit (TS)	↓
9:00 AM		↓	↓	↓	↓	↓	CrossFit (TS)
9:30 AM							↓
10:00 AM							
10:30 AM		CircuitFit & CrossFit (KS)	CircuitFit & CrossFit (KS)	CircuitFit & CrossFit (KS)	CircuitFit & CrossFit (KS)	CircuitFit & CrossFit (KS)	↓
11:00 AM		↓	↓	↓	↓	↓	OPEN GYM
11:30 AM							↓
12:00 PM		CrossFit (KS)	CrossFit (KS)	CrossFit (BS/KS)	CrossFit (KS)	CrossFit (KS)	
12:30 PM		↓	↓	↓	↓	↓	
1:00 PM		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
1:30 PM		↓	↓	↓	↓	↓	
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM						OPEN GYM	
4:00 PM		OPEN GYM		OPEN GYM		↓	
4:30 PM		↓	OPEN GYM	↓	OPEN GYM	↓	
5:00 PM		CrossFit (KZ)	↓	CrossFit (TBA)	↓	CrossFit (TS)	
5:30 PM		↓	CrossFit (KZ)	↓	CrossFit (TBA)	↓	
6:00 PM			↓	↓	↓	↓	
6:30 PM							
7:00 PM							

BS BRIAN SCHWELTZBERG
 KS KEVIN STENN
 KZ KAREN SZABO
 TS TROY STONSON

KIDS' CLUB

(408) 358-1967
 KidsClub@lgsrc.com

Meet Alana Faulknor, New Childcare Director!



We are very pleased to announce that Alana Faulknor is our new Childcare Director! Alana has worked in our Kids' Club for over a year and we are excited that she has taken on this new role.

Alana is going to school at DeAnza College, majoring in Speech Pathology. In addition to school, she likes to stay active by going on hikes with her puppy, swimming, gymnastics, and doing yoga. Alana is extremely passionate about working with children. She loves to involve them in hands-on activities such as science and art projects. Alana keeps children excited about learning by engaging them in circle time, reading, music, games, and so much more!

Stop by Kids' Club to meet Alana or contact her at (408) 356 - 2136 or kidsclub@lgsrc.com.

SIGN-UP'S STILL AVAILABLE FOR OUR SUMMER PROGRAMS FOR KIDS!

Want your children to continue having an exciting summer? Have them join us for one of our fun-filled camps! Activities include swimming, weekly field trips, sports, arts and crafts, games, hands-on learning, and so much more. We are still taking sign-ups for Summer Camp, Tennis Camp, and Summer Swim Lessons. For more information, please contact the Front Desk at (408) 356 - 2136 and visit our website at www.lgsrc.com!



AUGUST KIDS' NIGHT OUT

Date: Friday, August 25, 2017
 Time: 5:00PM - 9:00PM
 Theme: UNDER THE SEA
 Ages: 1 - 7 Years Old
 Cost: \$35 Members, \$45 Guests of Members

We are excited to bring you another action-packed Kids' Night Out! Summer vacation is coming to a close, so this month we are throwing an Under the Sea party! Go out for a night on the town feeling confident that your little ones are safe and having the time of their lives with their favorite Kids' Club staff.

Children will be engaged in indoor and outdoor activities, arts and crafts, games, and an age appropriate movie. A cheese pizza dinner, juice, and dessert is included, or children may bring their own dinner (no peanut products please). They won't want the night to end!

Stop by Kids' Club to sign up for this exciting program or call (408) 358 - 1967 for more information. Must give a 24 hour notice to cancel.

KIDS' CLUB HOURS:
 Monday- Thursday
 8:00 am - 7:00 pm
 Between 1:00 and 7:00pm,
 reservations are required*

Friday
 8:00 am - 6:00 pm
 Between 1:00 and 6:00 pm,
 reservations are required*

Saturday-Sunday by reservation
 only between 8:00 am-1:00 pm*

* Reservations for weekday afternoons must be made by 1:00 pm. Reservations for Saturday and Sunday must be made by 7:00 pm the night before.

