



Celebrating 64 Years



RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

July 2023



July 4th Club Hours
Tuesday, July 4, 2023
6:00AM - 6:00PM

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CLUB HOURS

Weekday Hours

Monday - Friday 5:00AM - 10:00PM

Weekend Hours

Saturday and Sunday 6:00AM - 9:00PM

Proshop Hours

Monday - Thursday 8:00AM - 7:00PM

Lunch Break 12:30PM - 2:00PM

Friday - Sunday 8:00AM - 5:30PM

JOIN US AT OUR 64TH BIRTHDAY PARTY!

Come join us for the most exciting event of the summer. Bring the whole family on Saturday, July 8th to celebrate our Club's 64th birthday!

Festivities begin at 12:00PM and include water fun in the large pool, an inflatable water slide, a competitive ping-pong tournament to win an LGSRC gift card, face painting for children, and more. We will also be offering a no host bar for the adults with refreshing beverages to cool down by the pool.

To wind down after an exciting day, we will be offering a BBQ dinner at 4:30pm. The BBQ will include your choice of one of the following: a hot dog, hamburger, or a veggie burger. Sides include potato salad, green salad, a non-alcoholic beverage, watermelon, and of course, birthday cake! BBQ dinner tickets are \$10 per person for a hot dog, hamburger or veggie burger. Sign-up at the Front Desk by Wednesday, July 5th.

PARTY SCHEDULE

12PM - 5PM: Inflatable Water Slide

1PM: Live DJ & No Host Bar with Wine, Beer, & Margaritas

1PM - 4:30PM: Ping-Pong Tournament
(Sign-Up in Pro Shop)

2PM - 5PM: Water Games in Large Pool

3PM - 5PM: Face Painting

4:30PM SHARP: BBQ Dinner



TENNIS

SUMMER GRAND SLAM JUNIOR TENNIS PROGRAM

Our summer program is designed for all levels of junior players. This program provides a learning atmosphere in which your child will develop and improve tennis skills. "Fun" is the basis of all the programs. Improvement of tennis skills through structured workouts increases self-confidence and overall fun. We look forward to helping each student move up through the ranks, starting with 10 and Under Prep/Red and progressing toward higher levels like Junior Performance/Junior Development.

We have 6 weeks left of our summer season. Come join us for a great season!

Week 4*: July 3rd - July 7th (*Week 4 Pro-Rated. No class July 4th holiday)
Week 5: July 10th - July 14th
Week 6: July 17th - July 21st
Week 7: July 24th - July 28th
Week 8: July 31st - August 4th
Week 9: August 7th - August 11th

To sign up, or for additional information, contact the Tennis Pro Shop at (408) 356-8363 or lgsr.proshop@gmail.com.



ONE OF OUR VERY OWN WINS GOLD AT SPECIAL OLYMPICS

Ravi Ayer won the gold in the Advanced Category in tennis at the Northern California Special Olympics that concluded June 25, 2023 at Santa Clara University. The referee at the final match commented on his steady demeanor, classic style and consistency. A great part of the credit goes to his coach, Jeff Cervantes. Jeff has worked with Ravi with great empathy and sensitivity, honing his skills and teaching him by example, the only way Ravi learns.



AQUATICS

SUMMER SWIM LESSONS

Here at LGSRC, we take pride in our wonderful swim lesson program for all ages and abilities. Our trained and certified swim instructors are passionate and friendly. They are eager to motivate you at any level while teaching correct swim technique and safety skills. All lessons are 25 minutes.

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Week 7: July 24th - July 28th

Week 8: July 31st - August 4th

Week 9: August 7th - August 11th

*Week 4 Pro-Rated. No class July 4th holiday

Kids Small Group Lessons (Ratio 1:2)

Monday - Friday 11:00AM - 4:30PM

Kids Large Group Lessons (Ratio 1:4)

Monday - Friday 11:00AM - 4:30PM

Level 3: Kids Stroke School (Pre-Swim Team)

Monday - Friday 10:30AM - 11:00AM

or

Monday - Friday 4:30PM - 5:00PM

Individualized Lessons

Private, Semi-Private, and Adult Lessons

For more information, call the Front Desk or e-mail
shelbi@lgsr.com.



SUMMER SWIM TEAM

Summer Swim Team is underway, but there's still time to join! You must be a current LGSRC Member by first practice. Practice is Monday - Friday. We still have a lot of fun activities planned! For more information, call the Front Desk or e-mail the Aquatics Director/Head Coach at shelbi@lgsr.com.

July/August Summer Swim Team Schedule of Events

July 4th: No Practice (4th of July Holiday)

July 7th: Tie Dye and Summer Age Group Championships (JOs)

July 8th: Away Meet (LGSC at Morgan Hill)

July 14th: Water Balloons

July 15th: Away Meet (LGSC at Westgate)

July 21st: Rally Posters

July 22nd: VAL Champs

July 23rd: Awards Banquet

July 27th - July 30th: LCM Far West Championships

August 14th - August 28th: Swim Team Summer Break

August 28th: First Day Back in the Pool/Year-Round Swim Team Practice Schedule



GROUP EX

JULY GROUP EXERCISE UPDATES

- Instructor Ann Weismann has made a Pilates Mat video for Club Members. If you would like a copy of the video, please email Fitness Director, Patty McNulty, at patty@lgsr.com
- The Wednesday 9:30AM - 10:30AM Zumba class has a new instructor. Please welcome Hema Rajpal! Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow for all levels.
- We have also added an additional Yoga Strength & Stretch class on Wednesday from 10:45AM-11:45AM with Hema Rajpal. Yoga Strength & Stretch combines various workout exercises in a short, yet challenging yoga flow that the students can use as a gauge of progression during the class. Exercises will support/mirror the yoga postures adding dynamic movement, including but not limited to bodyweight exercises, bands, isometrics and plyometrics. Class begins with a warm-up moving through the main flow once at a slower pace with modifications and alignment.

WELCOME NEW ZUMBA INSTRUCTOR, HEMA RAJPAL!



Hema is an ACSM certified Personal Trainer, Group Fitness Instructor, Zumba, Lifestyle & Weight Management Consultant and Nutritionist.

She has been in the Fitness industry since 2005 and has training and teaching experience across the Globe. She teaches various fitness formats such as Zumba, Bollywood, BellyDanceFit, Yoga Sculpt, Barre fitness, Step Aerobics, Endurance & Strength Training, and Pilates to name a few.

She is very passionate about her work and is dedicated towards building awareness to lead a healthy lifestyle. She believes that fitness is not only about a fit body, but also about a happy and positive mind.

Join her for Zumba class on Wednesday's from 9:30AM - 10:30AM or Yoga Strength & Stretch on Wednesday's from 10:45am - 11:45am.

4TH OF JULY GROUP EXERCISE SCHEDULE

8:30AM - 9:25AM Booty & Core with Stacy Dunnett

This class is a toning and strengthening workout that targets the Glutes and Core. Using free weights and other various equipment, you'll strengthen and lengthen your Abs and Glutes through a variety of exercises challenging the core and reinforcing balance, all while getting the heart pumping! The workout is designed to flatten the abs and boost and lift the glutes.

9:30AM - 10:45AM Zumba Party with Stacy Dunnett

12:30PM - 1:30PM Cycling with Rachel Young

1:30PM - 2:00PM Core with Rachel Young

SCHEDULE

JULY GROUP EXERCISE SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores Montenegro		Sunrise Cycle Patty McNulty		Cycle Boot Camp Dolores Montenegro	
7AM-8:30AM							Master Swim Nick Jufiar Large Pool
8AM-8:30AM			Foam Rolling Ann Weismann		Foam Rolling Ann Weismann		
8:15AM-9:15AM							Cardio Sculpt Dolores M. Live & ZOOM
8:30AM-9:30AM	Yoga Strength & Stretch Sam Cooke	Barre Sculpt Stacy Dunnett Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy Dunnett		Zumba Hema Rajpal			Yoga 4 All Makiko Niwa
9:45AM-10:45AM			Strength & Stretch Patty McNulty Live & ZOOM		Strength & Stretch Patty McNulty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus+ Lisa Roper					Pilates Sculpt Plus+ Lisa Roper	
10:00AM-11:00AM		Water Fitness Patty McNulty Large Pool	Master Swim Shelbi Oskolkoff Large Pool	Water Fitness Patty McNulty Large Pool	Master Swim Shelbi Oskolkoff Large Pool	Water Fitness Patty McNulty Large Pool	Water Fitness TBA Large Pool
10:45AM-11:45AM				Yoga Strength & Stretch Hema Rajpal			
12:30PM-1:30PM	Group Cycle Rachel Young		Group Cycle Rachel Young		Group Cycle Rachel Young		
4:00PM-5:15PM			Gentle Yoga Ann Weismann		Gentle Yoga Heather Estrada		
5:30PM-6:30PM		Functional Fitness Vesna Mardesic	Zumba Stacy Dunnett	Functional Fitness Vesna Mardesic	Zumba Stacy Dunnett		
6:30PM-7:30PM			Group Cycle Stacy Dunnett		Group Cycle Stacy Dunnett		
Legend		Strength	Cycling	Zumba	Aquatics	Sculpt	Yoga

HEALTH & FITNESS

INTRODUCING: NORMATEC COMPRESSION TECHNOLOGY



The Los Gatos Swim & Racquet Club is excited to announce the introduction of NormaTec Compression technology to our facility. NormaTec Compression is a cutting-edge technology that utilizes compressed air to provide targeted massage to the limbs, offering a range of benefits for recovery, performance enhancement, and alleviating discomfort associated with extended periods of standing or sitting.

NormaTec Compression is suitable for athletes and fitness enthusiasts who experience soreness, fatigue, or swelling before or after exercise. The system applies pulsating pressure to specific body parts, such as the legs, hips, or arms, depending on the area

requiring treatment. By improving blood and lymphatic circulation, NormaTec Compression reduces inflammation and swelling, facilitating a faster recovery process.

One of the standout advantages of NormaTec Compression is its ability to expedite the recovery process. Many athletes and fitness enthusiasts rely on this technology to recover faster from intense workouts or competitions. By flushing out metabolic waste and toxins from the muscles, NormaTec Compression reduces inflammation and soreness. Additionally, it promotes the delivery of essential nutrients and oxygen to the muscles, aiding in their repair and growth.

NormaTec Compression also serves as a valuable tool both before and after exercise. Prior to a workout, it can be used to activate and prime the muscles. The compression technology warms up the muscles, increases blood flow, improves flexibility, and reduces the risk of injury. After exercise, NormaTec Compression minimizes muscle fatigue and soreness, allowing athletes and fitness enthusiasts to optimize their recovery.

NormaTec Compression is also an excellent solution for individuals who spend prolonged periods on their feet. It addresses common symptoms like swelling, soreness, and fatigue in the legs by improving blood flow and reducing inflammation. Just a few minutes of NormaTec Compression each day can make a significant difference in how legs feel after extended periods of sitting or standing.

The Los Gatos Swim & Racquet Club is thrilled to offer our members access to NormaTec Compression technology. Whether you are seeking accelerated recovery, enhanced performance, or relief from discomfort, NormaTec Compression can provide an array of benefits to help you achieve your goals. Join us and experience the transformative power of NormaTec Compression technology for a healthier and more active lifestyle. For more information or to book an appointment, contact Fitness Director Brian Schweitzerhof at brian@lgsrcc.com



Written by Brian Schweitzerhof, Fitness Director & Certified Wellness Coach

JUST FOR KIDS!

JOIN US SUMMER MORNINGS IN KIDS CLUB

This summer we have fun activities planned in Kids Club when you drop your children off during weekday mornings. They will explore new interests while expressing themselves and having fun with a variety of activities in our Kids Club, all while making new friends! They will participate in storytime, hands on activities, arts and crafts, and they will get to play on the playground! Kids Club is open for drop-in Monday - Thursday 9AM-12pm and 2:30PM-6PM. Friday - Sunday is by reservation only 9AM-12PM (must call by 7PM the night before to make reservations for these days). Member children are \$10 an hour and guests of Members are \$15.



FUN KIDS ACTIVITIES FOR SUMMER

Parents try to look for the best summer activities for their kids and we recommend participating in one of our fabulous summer programs right here at the Club! We still have openings for our Grand Slam Junior Tennis, Swim Lessons, and Summer Swim Team. In addition to the summer activities we offer, sometimes you need to fill your child's day with more. It's important to keep them active and healthy during the summer, all while having fun and spending time together as a family. We compiled a list of some activities to try to help keep their bodies and minds busy this summer!

- Bike rides on a trail
- Have a picnic at a park
- Check out a local county fair
- Build a tent or fort
- Go to the farmers market
- Plant flowers or vegetables
- Take a morning or evening walk
- Fly a kite

- Go for ice cream
- Make sidewalk chalk art
- Do science experiments
- Water balloon baseball
- Do a puzzle
- Go fruit picking
- Run in the sprinklers
- Blow bubbles

- Meet friends at a local playground
- Backyard camping and stargazing
- Visit your local library
- Visit a splash park
- Search for rocks and paint them
- Have a beach day
- Go to the movies
- Take a hike