



RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

June 2023



EXTENDED CLUB HOURS

The Club will be extending it's hours of operation this summer. Starting June 1st, the Club will close Weekdays at 10:00pm, and Weekends at 9:00pm. Check out "Club Hours" for our full hours of operation.

Summer Childcare

Join us in Kids Club for a summer of FUN! At Kids Club, we've created a safe space for your little ones to have fun and make new friends while you workout and enjoy the Club. Our Kids Club staff are CPR certified and TrustLine background checked and make safety and fun their number one priority.

Starting June 12th, our summer hours are as follows:

WEEKDAYS: Monday through Thursday hours for drop-ins are mornings 9am to 12pm and afternoons 2:30pm to 6pm. Reservations are recommended but not required, first come first served.

WEEKENDS: Friday through Sunday, we are open mornings 9am to 12pm, RESERVATIONS REQUIRED. Reservations must be made by 8pm the day before and canceled up to an hour before your reservation. You can make a reservation by calling our Front Desk at (408)356-2136.

Rates for members are \$10/hour per child, and guests of members \$15/hour per child.



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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

TENNIS

JOIN US FOR SOME FUN!

WIMBLEDON

Under the Stars

LGSRC TENNIS MEMBERS
JOIN US IN ROUND ROBIN DOUBLES
AND ENJOY FOOD AND BEVERAGES
UNDER THE STARS

Friday, June 30th from 6:30p.m to 9:30p.m

Your LGRSC Tennis Staff: Jeff Cervantes

Cost: \$25.00 Per Person Charged to Your LGSRC Account

RSVP via email: lgsrc.proshop@gmail.com by Thursday, June 29th
You must cancel 24 hours in advanced in order to avoid a charge

HEALTH & FITNESS

ESSENTIAL NUTRIENTS: PROTEIN

As we age, our bodies undergo several changes that can impact our overall health and well-being. One of the most significant changes is a gradual loss of muscle mass and strength, known as sarcopenia. Aging tennis players are particularly susceptible to sarcopenia, as the sport requires a great deal of physical activity and places a significant strain on the muscles. To offset the negative effects of sarcopenia, it is essential to consume adequate amounts of protein. Studies have shown that after the age of 30, individuals lose an average of 3-5% of their muscle mass per decade. This rate of muscle loss tends to increase after the age of 60. This gradual loss of muscle mass can lead to a range of negative health outcomes, including reduced mobility, increased risk of falls and fractures, and decreased quality of life.

Protein is an essential nutrient for hormone production, and is particularly important for those playing tennis. Hormones such as testosterone and growth hormone are critical for maintaining muscle mass and strength, and can help offset the negative effects of sarcopenia. Consuming adequate amounts of protein can help ensure that the body has the necessary building blocks to produce these hormones. It's very common to experience a significant amount of muscle breakdown during matches and clinics. This breakdown is a natural process that occurs when the muscles are put under stress, but it can also lead to a loss of muscle mass and strength over time. To counteract this process, one should consume protein-rich foods after matches and clinics to help rebuild and repair the muscles.

The average length of a tennis match is between 1.5 and 3 hours, depending on the level of play. During this time, players engage in a range of physical activities, including running, jumping, and hitting the ball. To support these activities, one should aim to consume approximately 1.2 to 1.7 grams of protein per kilogram of body weight per day. Complete sources of protein include foods such as chicken, fish, beef, and eggs. These foods contain all of the essential amino acids that the body needs to build and repair muscle tissue. Vegetarian sources of protein include beans, lentils, tofu, and quinoa, but it may be more difficult to get a complete source of protein from plant-based foods alone so combining them is recommended. By including protein-rich foods in their diet, one can help maintain their physical health and continue to enjoy the sport they love.

Written by Brian Schweitzerhof, Fitness Director & Certified Wellness Coach

JUNE CPR CLASS AT LGSRC

According to the American Heart Association, more than 800,000 (CDC, 2022) people have cardiac arrests in the United States every year. By performing CPR, you are able to help the person's blood keep circulating until an ambulance arrives and more advanced tools can be used. Sign up at the Front Desk today.

CLASS DETAILS

Class Date and Time: Wednesday, June 14, 2023 from 5:00pm - 8:00pm
Instructor: John Rizzi, Retired Firefighter
Location: Members' Lounge
Price: \$40.00 for Members & \$50 for Guests of Members
Certification is issued upon successful completion.



GROUP EX

GROUP EX UPDATES

The Friday 5:45am Cycle class will now be Cycle Boot Camp.

Cycle Boot Camp combining both strength and cardio. This is an efficient and well-rounded workout. Clip in for heart pumping intervals, and then grab sneakers and weights for a full body workout. Get ready to leave feeling sweaty but faster and stronger. (60 min)

The Saturday 7:00 am Cycle class has been canceled.

The Saturday 10:00 am Water Fitness class will not be held in June. The class will start back up on July 1st in the large pool.

Starting on June 12th the Monday, Wednesday and Friday 10:00 am Water Fitness class will be held in the large pool for the summer. Three lanes will be available for open swim at that time.

SUMMER EXERCISE TIPS

SUMMER WORKOUT CHECKLIST

1

Regularly use sunscreen

2

Drink plenty of water to hydrate

3

Let Your Body Acclimate to the Heat

4

Wear Heat-Appropriate Clothing

SCHEDULE

JUNE 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-8AM							
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	Master Swim Shelbi Oskolkoff Large Pool	Zumba Vahideh Ben Ghozi	Master Swim Shelbi Oskolkoff Large Pool		Yoga 4 All Makiko Niwa
9:45AM-11:15AM	Pilates Sculpt Plus+ Lisa Roper					Pilates Sculpt Plus+ Lisa Roper	
9:45AM-10:45AM			Strength & Stretch Patty McNulty Live & ZOOM		Strength & Stretch Patty McNulty Live & ZOOM		
10AM-11AM		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool	Water Fitness TBA Training Pool
12:30PM-1:30PM	Group Cycle Rachel Young		Group Cycle Rachel Young		Group Cycle Rachel Young		
4PM-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

AQUATICS

Upcoming Swim Meets in June at LGSRC

Saturday, June 3rd, 2023 at 7:00am Practice Swim Meet and Ice Cream Social

Saturday, June 17th, 2023 at 7:00am vs Encore

Saturday, June 24th, 2023 at 7:00am vs Los Ranchitos

SUMMER SWIM TEAM

SWIM GROUPS:

DEVELOPMENTAL:

STROKE SCHOOL (4-8)

MINI (5-8)

JUNIOR (9-12)

SENIOR (13+)

COMPETITIVE:

SILVER (6-8)

GOLD (9-12)

PLATINUM (13+)

PRACTICE TIMES:

AM:

10:30-11:00

9:30-10:15

9:30-10:30

7:00-8:15

PM:

4:30-5:00

5:00-5:45

5:00-6:00

6:00-7:00

AM:

8:15-9:30

7:55-9:30

7:00-9:00

PM:

5:00-6:00

5:45-7:00

5:45-7:00

PRACTICES ARE HELD MONDAY-FRIDAY

SWIMMERS MAY ATTEND AM OR PM SESSIONS

SCHEDULE BEGINS JUNE 12TH. YEAR ROUND PRACTICE SCHEDULE ON WEBSITE.

Price: \$135 / month + \$100 team fee

Register now!

To register for LGSC or find more information on our team, please go to <https://www.teamunify.com/calgsc> or scan the QR code here:



JUST FOR KIDS!

SUMMER OPTIONS

SUMMER 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. Come join us for a great summer!

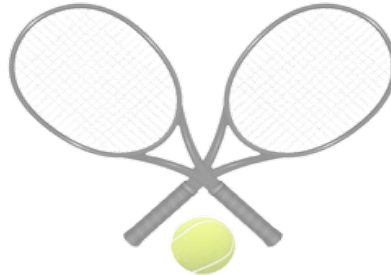
Week One.....June 12

Week Two.....June 19

Week Three....June 26

Week Four*....July 3

*Week 4 pro-rated. No class July 4th.



Week Five.....July 10

Week Six.....July 17

Week Seven...July 24

Week Eight....July 31

Week Nine.....August 7

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

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.

Kids Small Group Lessons (Ratio 1:2)

Monday - Friday 11:00 a.m - 4:30 p.m

Kids Large Group Lessons (Ratio 1:4)

Monday - Friday 11:00 a.m - 4:30 p.m

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

Monday - Friday 10:30 a.m - 11:00 a.m

or

Monday - Friday 4:30 p.m - 5:00 p.m

Individualized Lessons

Private, Semi-Private, and Adult Lessons

For current availability and pricing, visit LGSRC.captyn.com.