



RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

October 2023



CLUB TRICK-OR-TREATING

On Halloween, we will be hosting our annual Trick-or-Treating event from 3:30pm to 4:00pm. On Tuesday, October 31st bring your little goblin to Trick-or-Treat with a parent or guardian around the Club along with our fantastic Kids Club staff. Costumes are encouraged and recommended for this event! This event is complimentary for Members' children.



IN THIS ISSUE...

Tennis	2
Aquatics.....	3
Group Exercise	4
Group Ex Schedule.....	5
Fitness	6

CLUB HOURS

<u>Weekday Hours</u>	
Monday - Friday	5:00AM - 10:00PM
<u>Weekend Hours</u>	
Saturday and Sunday	6:00AM - 9:00PM
<u>Proshop Hours</u>	
Monday - Thursday	8:00AM - 8:00PM
Friday - Sunday	8:00AM - 6:00PM

OCTOBER CPR CLASS

Why is CPR Important? CPR can save lives. As a first-line response that can help save someone's life in an emergency, this technique aims to keep oxygen moving to vital organs, especially the brain, until the heart can beat on its own again. Sign up at the Front Desk today!

October Class Details

When: Wednesday, October 11, 2023 from 5pm - 8pm
Instructor: John Rizzi, Retired Firefighter
Location: Members' Lounge
Price: \$40.00 for Members & \$50 for Guests of Members
Certification is issued upon successful completion.

TENNIS

TENNIS MEMBERS ARE INVITED TO OUR

LGSRc HALLOWEEN TENNIS MIXER

Doubles
27 | FRIDAY
OCTOBER, 2023
AT 6:30PM

\$25.00/TENNIS MEMBER
\$30/GUEST OF TENNIS MEMBER
COSTUMES OPTIONAL
SIGN UP IN THE PRO SHOP



LGSRc TENNIS

2024 USTA LEAGUE SCHEDULE

ADULT 40+ DAYTIME	JANUARY 1ST - MARCH 22ND
ADULT 40+ TRADITIONAL	JANUARY 2ND - MARCH 24TH
MIXED 18+	JANUARY 2ND - MARCH 24TH
ADULT 65+	FEBRUARY 5TH - APRIL 12TH
ADULT 55+	MARCH 18TH - MAY 26TH
ADULT 18+ TRADITIONAL	APRIL 8TH - JUNE 16TH
ADULT 18+ DAYTIME	APRIL 8TH - JUNE 16TH
MIXED 40+	JUNE 17TH - AUGUST 25TH
MIXED 55+	AUGUST 19TH - OCTOBER 27TH
COMBO DOUBLE TRADITIONAL	AUGUST 26TH - NOVEMBER 3RD
COMBO DOUBLES DAYTIME	AUGUST 26TH - NOVEMBER 1ST

REGISTRATION OPENS SOON LGSRc 2024 NOR CAL USTA LEAGUE

Adult 40+ Traditional

Sign-Ups: 10/2/23 - 11/12/23
League Season: 1/2/24 - 3/24/24

Adult 40+ Daytime

Sign-Ups: 10/9/23 - 11/12/23
League Season: 1/1/24 - 3/22/24

Mixed 18+

Sign-Ups: 10/9/23 - 11/12/23
League Season: 1/2/24 - 3/24/24

Adult 65+

Sign-Ups: 11/6/23 - 12/17/23
League Season: 2/5/24 - 4/12/24



AQUATICS



LGSRC YEAR-ROUND SWIM TEAM



**\$135/Month +
\$100
Team Fee**

Developmental Track

- Stroke School (4-7)
 - Mini (5-8)
 - Junior (9-12)
 - Senior (13+)
- Practice Times
Monday - Friday**
- 3:00pm - 3:30pm
 - 3:30pm - 4:15pm
 - 3:30pm - 4:30pm
 - 5:30pm - 6:45pm

Register for the appropriate group based on age and ability. Silver, Gold, and Platinum registrants must have coaches approval. See dryland schedule and detailed group descriptions on our website.

Competitive Track

- Silver (6-8)
 - Gold (9-12)
 - Platinum (13+)
- Practice Times
Monday - Friday**
- 4:15pm - 5:30pm
 - 3:55pm - 5:30pm
 - 5:00pm - 7:00pm

**Contact Us
408.356.2136**



www.gomotionapp.com/calgsc



GROUP EXERCISE



NEW CLASS HIIT ME UP! WITH SHANNON LARSEN

JOIN RETURNING GROUP EXERCISE INSTRUCTOR, SHANNON LARSEN, FOR OUR NEWEST CLASS, HIIT ME UP! ON MONDAY'S AND WEDNESDAY'S FROM 5:30PM - 6:30PM.

HIGH-INTENSITY INTERVAL TRAINING (HIIT) IS A GREAT WAY TO BUMP UP YOUR CARDIO AND STRENGTH WORKOUTS BY ADDING INTENSITY, VARIETY, AND A CALORIE-BURNING BOOST. DURING HIIT, YOU ALTERNATE SHORT, VERY HIGH-INTENSITY INTERVALS WITH LONGER, SLOWER RECOVERY INTERVALS.



YOGA STRENGTH & STRETCH

New Class! Monday's
6:45pm - 7:45pm

Lance Waldsmith focuses his classes on increasing strength within a wider range of motion. As a career Physical Education Teacher and 8 years experienced Yoga Instructor, Lance brings a depth of knowledge. Lance also has decades of experience in martial arts, weight lifting, and sports. Come for a challenge, and leave feeling relaxed.



YOGA STRENGTH & STRETCH WITH LANCE WALDSMITH



NEW INSTRUCTOR! Kristy Aguirre



Join ZUMBA CLASS

The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub. You don't need to be a great dancer to feel welcome in a Zumba class. With the tag line, "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required.

DAY AND TIME
WEDNESDAY'S
9:30AM - 10:30AM



YOGA 4 ALL

New Class! Wednesday's 6:45pm - 7:45pm

Makiko Niwa



Yoga 4 All offers movements with the breath as well as strength, balance and flexibility exercises. We are not looking for complete poses or perfection! The class is great for all levels of practice and offers options to meet different abilities. All levels and ages are welcome (12 and up). Yoga is a great way to tone up your body and boost your energy as well as maintain and improve your fitness level.

GROUP EX SCHEDULE

OCTOBER 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	
7:00AM-8:30AM							Master Swim Nick Jufiar Large Pool
8:00AM-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 Hema Rajpal	Master Swim Shelbi Oskolkoff Large Pool		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 Training Pool		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool	Water Fitness TBA Training Pool
12:15PM-1:15PM			Group Cycle Rachel Young		Group Cycle Rachel Young		
1:15PM-1:45PM			Ab Blaster Rachel Young		Ab Blaster Rachel Young		
12:30PM-1:30PM	Group Cycle Rachel Young						
4:00PM-5:15PM			Gentle Yoga Ann Weismann		Gentle Yoga Heather Estrada		
5:30PM - 6:30PM		HIIT Me UP! Shannon Larsen	Zumba Stacy Dunnett	HIIT Me UP! Shannon Larsen	Zumba Stacy Dunnett		
6:30PM-7:30PM			Group Cycle Stacy Dunnett		Group Cycle Stacy Dunnett		
6:45PM-7:45PM		Yoga Strength & Stretch Lance Waldsmith		Yoga 4 All Makiko Niwa			
Legend		■ Strength	■ Cycling	■ Zumba	■ Aquatics	■ Sculpt	■ Yoga

FITNESS

NEW: NORMATEC COMPRESSION RECOVERY

Elevate Your Recovery with NormaTec: Unleash the Power of Unlimited Access!

We are excited to introduce a game-changing addition to our club that is set to revolutionize your fitness journey. Get ready to elevate your recovery with NormaTec, the ultimate recovery solution for athletes and fitness enthusiasts. Starting now, we're offering a brand new monthly subscription service at just \$99 per month, giving you unlimited access to NormaTec's cutting-edge compression technology for both your lower and upper body.

The NormaTec Difference

NormaTec compression recovery has taken the fitness world by storm, and for good reason. This state-of-the-art recovery technology is designed to help you recover faster, perform better, and achieve your fitness goals like never before.

1. Rapid Recovery

NormaTec's patented pneumatic compression technology delivers a dynamic pulse massage that mimics the natural muscle pump. This helps to enhance circulation, reduce muscle soreness, and accelerate the removal of metabolic waste products. With regular use, you'll experience quicker recovery times between workouts, allowing you to train harder and more consistently.

2. Reduced Muscle Fatigue

NormaTec's sequential compression actively engages muscle groups, which reduces swelling and inflammation. This results in decreased muscle fatigue, enabling you to maintain peak performance during your workouts and activities.

3. Enhanced Flexibility

NormaTec promotes flexibility by increasing blood flow to the targeted areas. Whether you're a yogi striving for deeper stretches or an athlete looking to improve your range of motion, NormaTec can help you reach your flexibility goals.

4. Injury Prevention

Prevention is key to longevity in the fitness game. NormaTec's advanced compression therapy can be a valuable tool in reducing the risk of injuries. By improving circulation and reducing muscle imbalances, it helps fortify your body against common workout-related injuries.

5. Stress Relief

Physical fitness is not just about the body; it's about the mind too. NormaTec's relaxing compression massages can help alleviate stress and anxiety. Enjoy a moment of tranquility as you unwind and let go of the day's stresses while improving your physical health simultaneously.

6. Customized Recovery

Our new subscription service grants you unlimited access to both lower and upper body NormaTec sessions, ensuring that you can tailor your recovery to your unique needs. Whether you've crushed a leg day or dominated an upper body workout, NormaTec has got you covered.

How to Get Started

Joining our NormaTec subscription service is easy. For just \$99 per month, you'll have unrestricted access to this cutting-edge recovery technology. To sign up, simply visit our front desk or contact our Fitness Director, Brian Schweitzerhof. We'll get you started on your journey to faster recovery, better performance, and a healthier, more active lifestyle.

At The Los Gatos Swim & Racquet Club, we are committed to providing you with the tools and services that take your fitness journey to the next level. NormaTec's advanced compression is a game-changer, and our new monthly subscription service makes it more accessible than ever. Don't miss out on this opportunity to accelerate your recovery and unlock your full potential.

Written by Brian Schweitzerhof, Fitness Director & Certified Wellness Coach