



# RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

February 2024



## SUMMER PROGRAMS 2024

Sign-ups for our summer programs open on March 1st! Join us for one of our fun-filled kids programs. You can enroll your children in our Kids Summer Camp, Grand Slam Junior Tennis, Summer Swim Lessons, or all three!

We look forward to seeing your children become more confident, independent, and responsible as they have fun meeting new friends and learning new skills. Depending on the camp you enroll your child in, activities can include swimming, tennis, sports, arts and crafts, games, weekly field trips, and so much more! Keep a look out for more information to come this month!



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## CLUB HOURS

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

## FEBRUARY CPR CLASS

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 to get certified at LGSRC!

When: Wednesday, February 7, 2024 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

## 2024 TENNIS EVENTS - SAVE THE DATE!

- February 9, 2024: Valentine's Wine Down Mixer with Scott**  
**March 3, 2024: Recreational Team Challenge with Szymon**  
**May 3, 2024: Cinco de Mayo Event with Jeff**  
**June 28, 2024: Wimbledon Under the Stars Event with Jeff**  
**July 27, 2024: Team Challenge with Jeff, Noi, Scott & Szymon**  
**August 30, 2024: US Open Night with Scott**  
**September 28, 2024: JTT Team Challenge with Noi**  
**October 25, 2024: Halloween Event with Jeff**



## VALENTINE'S TENNIS MIXER WITH SCOTT

Join Head Tennis Pro, Scott Howard, for a festive valentine's tennis mixer event! Food and drinks will be provided following the event. To sign up, please visit the Pro Shop. There is a 24 hour cancellation required for a full refund.

Event: Valentine's Tennis Mixer

Host: Scott Howard

Time: 6:30pm - 9:30pm

When: Friday, February 9, 2024

Cost: \$30 Tennis Member Advance Registration

\$35 Tennis Member Same Day Registration

\$45 Guest of Tennis Member



# AQUATICS

## LGSC YEAR-ROUND SWIM TEAM

**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

**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



**Sign Up for Summer Swim Team!**  
 Summer Swim Team practice starts May 1st. Summer schedule starts June 10th. Current swimmers are already enrolled. New swimmers can sign up starting March 1st.

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. To register for LGSC or find more information on our team, please go to [gomotionapp.com/calgsc](http://gomotionapp.com/calgsc). Price: \$135/month + \$100 team fee.

## JANUARY LGSC NORTH POLE RACES

The January LGSC North Pole Races were a success! Each day swimmers came to practice they earned a certain number of miles towards traveling to the North Pole by placing a sticker on a chart. Swimmers who made it to the North Pole earned a prize and got a shout out on TeamFeed! The first 3 swimmers in each group also got to pick a set in practice. Friday's during the Race to the North Pole we gave out hot chocolate after practice! Congrats to our swimmers Sarah, Micheal, Roxy, Antam, Aylin, Mirabelle, Enes, and Miles who made it to the North Pole in January!



## FEBRUARY LIFEGUARD CLASS

This is a blended learning class with an online requirement prior to the start of the class (5-7 hours). Must be 15 years old prior to the start of the first day of class. Must pass pre-test: 300 yard swim, 2 minute tread, 10 pound brick test. Refund only given in cancelled 72 hours prior to the start of class. Passing the class and final guarantees a Red Cross Certification for 2 years. It does not guarantee employment at LGSRC.

**Dates:** Saturday, February 3rd and Sunday, February 4th from 8:00am - 6:00pm at LGSRC  
**Instructor:** Shelbi Oskolkoff-Campbell  
**Fee:** Members \$380/Non-Members \$420



# GROUP EXERCISE



## PILATES CLASSES

**NEW CLASS STARTING FEBRUARY 7TH!** Pilates Sculpt Express! Wednesday's 10:45am - 11:45am with Lisa Roper. For those on a time crunch, enjoy a shorter workout with Pilates fundamentals, including elements of Zone 2 cardio, sculpting and strengthening, yoga, and corrective exercise using a variety of weights, balls, and the magic ring. Age 12 and up.

**Pilates Sculpt Plus+:** Friday's and Sunday's from 9:45am - 11:15am This class works on Pilates fundamentals including elements of Zone 2 cardio, sculpting and strengthening, yoga, and corrective exercise using the foam roller, a variety of weights, tubes, bands, balls, the magic ring, and more. Ages 12 and up.

## MARCH MADNESS FITNESS CHALLENGE

We are very excited to announce that the March Madness Fitness Challenge will, once again, be offered. This month-long event will provide our members with an added incentive to participate in group exercise classes. We have classes to meet each member's specific interest or provide an opportunity to explore new fitness formats. As a bonus, members will have the chance to earn guest passes, through their participation, to share with their family and friends. If you attend 12 of the group exercise classes listed below throughout the month of March, you will receive one free guest pass. You can pick up a punch card from the front desk or your instructor. Punch cards need to be turned in by Monday, April 15th to the front desk.

- Ab Blaster
- Barre Sculpt
- Cardio Sculpt
- Cycling – Cardio
- Cycle Boot Camp
- Foam Rolling
- Gentle Yoga
- HIIT Me UP
- Pilates Mat
- Pilates Sculpt Plus
- Strength & Grace
- Strength & Stretch
- Water Fitness
- Yoga For All
- Yoga Strength & Stretch
- Zumba



The week of March 17th to 23rd all members are welcome to bring a guest to any of the classes listed above free of charge. Feel free to contact Patty McNulty for more information. Email: [patty@lgsrcc.com](mailto:patty@lgsrcc.com)

# MARCH MADNESS

# GROUP EX SCHEDULE

## FEBRUARY GROUP EXERCISE SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Large Pool		Master Swim Nick Large Pool		Master Swim Nick Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores		Sunrise Cycle Patty		Cycle Boot Camp Dolores	
7:00AM-8:30AM							Master Swim Nick Large Pool
8:00AM-8:30AM			Foam Rolling Ann		Foam Rolling Ann		
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:30AM		Strength & Grace Stacy	Pilates Mat Ann	Barre Sculpt Patty Live & ZOOM	Pilates Mat Ann	Barre Sculpt Patty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy	Master Swim Shelbi Large Pool	Zumba Kristy	Master Swim Shelbi Large Pool		Yoga 4 All Makiko
9:45AM-10:45AM			Strength & Stretch Patty Live & ZOOM		Strength & Stretch Patty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus Lisa					Pilates Sculpt Plus Lisa	
10:45AM-11:45AM				Pilates Sculpt Express Lisa			
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool	Water Fitness Training Pool
12:15PM-1:15PM			Group Cycle Rachel		Group Cycle Rachel		
12:30PM-1:30PM	Group Cycle Rachel						
1:15PM-1:45PM			Ab Blaster Rachel		Ab Blaster Rachel		
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Heather		
5:30PM-6:30PM		HIIT Me UP! Shannon	Zumba Stacy	HIIT Me UP! Shannon	Zumba Stacy	Yoga Strength & Stretch Lance	
6:30PM-7:30PM			Group Cycle Stacy		Group Cycle Stacy		
6:45PM-7:45PM		Yoga Strength & Stretch Lance		Yoga 4 All Makiko			
Legend		<span style="color:red">■</span> Strength	<span style="color:orange">■</span> Cycling	<span style="color:green">■</span> Zumba	<span style="color:blue">■</span> Aquatics	<span style="color:magenta">■</span> Sculpt	<span style="color:purple">■</span> Yoga

# FITNESS

## WHY YOU SHOULD HIRE A PERSONAL TRAINER

In the midst of the pandemic, when gyms were inaccessible due to shelter-in-place restrictions, many individuals turned to home fitness solutions like Peloton bikes. The intention was clear: stay active and maintain fitness levels while adhering to safety guidelines. However, fast forward to the present, and those once-coveted Peloton bikes are now serving as expensive clothes racks in homes across the nation.

This phenomenon isn't unique; it's a recurring theme when it comes to home gym equipment purchases. People invest with the best of intentions, driven by motivation and a desire to achieve their fitness goals. However, these well-intentioned fitness gadgets often end up gathering dust.



The missing pieces of the puzzle? Accountability, habit development, and the knowledge of how to effectively pursue those goals. This is where the expertise of our personal training staff comes into play.

When you hire one of our highly trained personal trainers, you're not just investing in a workout session; you're investing in a comprehensive fitness solution. Here's why it's a smart choice:

- **Accountability:** Our personal trainers provide the support and motivation you need to stay committed to your fitness journey. They hold you accountable for your workouts and progress, ensuring you don't let your home equipment become a clothes rack.
- **Habit Development:** Establishing consistent exercise habits is crucial for long-term success. Our trainers work with you to build sustainable routines that become an integral part of your daily life.
- **Goal-Oriented Approach:** Whether your aim is to lose weight, gain muscle, boost endurance, or enhance overall well-being, our personal training staff customizes a program tailored to your specific goals.
- **Expert Knowledge:** Our trainers bring extensive knowledge and experience to the table. They guide you with proper technique, nutrition advice, and strategies to optimize your workouts.
- **Motivation Boost:** Even on days when motivation seems scarce, our trainers provide the encouragement and inspiration you need to push through and achieve your best results.

So, if you've invested in home gym equipment with the best of intentions but find it slowly morphing into a clothes rack, there's a better way forward. Consider hiring one of our personal training staff members. This way, you'll have access to a fully equipped facility and the expertise of our trainers to help you achieve your fitness goals effectively. Get in touch with us today, and let's transform your fitness journey into one of success and fulfillment.

Stay fit, stay healthy! - Brian Schweitzerhof, Fitness Director & Certified Wellness Coach





# FEBRUARY KIDS NIGHT OUT

For our February Kids Night Out, we are having an art party! Drop your kids off with our wonderful Kids Club Staff for an evening filled with fun and excitement! Children will enjoy a cheese pizza dinner, a sweet treat dessert, countless crafts, and an age-appropriate movie. Sign up at the Front Desk today!

## February Kids Night Out: Art Party!

When: Friday, February 23, 2024

Time: 5:00pm - 9:00pm

Ages: 2 - 12 Years Old

Fee: \$45 Members, \$55 Guests of Members



# SAVE THE DATE FOR OUR ANNUAL EASTER HUNT!



Celebrate Easter weekend on Saturday, March 30th with friends and family at Los Gatos Swim and Racquet Club's annual Easter Party and Egg Hunt. We will have EGG-citing activities like arts and crafts and an Easter bunny meet and greet! Snacks and beverages will also be provided.

Bring your basket, the party starts at 10am! The Egg Hunt will begin **PROMPTLY AT 10:30AM**. Children will be separated into groups at different locations based on their age. Children ages 0-2 and 3-5 will be on the lawn, and 6 and up will be on the playground.

Parents must be present for this family event. Sign up at the Front Desk in March. The cost is \$10 for Children on the Membership and \$15 for Guests of Members.

## March 30th at 10AM

