



RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

March 2024



*Daylight Saving Time
Spring Forward
Sunday, March 10, 2024*

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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

ANNUAL EASTER PARTY



Come 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.

SUMMER PROGRAMS 2024

Sign-ups for our summer programs are now open! 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! For more information, visit our website and click on the Summer Programs tab to view our summer program options.

TENNIS

CONGRATULATIONS!

A very special congratulations to Members Lynn Stangellini, Karla Barnett and Sally Cella for winning the Nationals 65+ 9.0 Ladies Championship in Arizona! Way to go!!!



Congratulations to our JTT Yellow Ball Team! They've clinched the championship for the Fall 14 & Under - Yellow Ball Section. Albert Chen, David Guo, Toren Hoffman, Dylan Dadgar, Nolan Lin, Isaac Xu, and Lucas Conta. We also extend our sincerest gratitude to Coach Noi for her invaluable support to the team. Way to go!!!

MARCH WINE DOWN

For the luck of the Irish, join Tennis Pro, Noi Chery, for our March Wine Down Tennis Mixer! 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: St. Patrick's Tennis Mixer

Time: 6:30pm - 9:30pm

When: Friday, March 15, 2024

Cost: \$35 Tennis Member Advance Registration

\$40 Tennis Member Same Day Registration

\$50 Guest of Tennis Member



SUMMER GRAND SLAM JUNIOR TENNIS



The Summer Grand Slam Junior Tennis Program is designed for all levels of junior players. Each program has specific requirements to help participants move to the next level. 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. Complete player development is our goal. 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! For more information, view the Grand Slam Junior Tennis brochure on our [website](#) or call the Pro Shop at (408) 356 - 8363.

AQUATICS

LGSC SWIM TEAM

Our program is a recreational, yet competitive swim team. The Los Gatos Stingrays are one of five teams who compete in the Valley Aquatic League. Current Club Members between the ages of 5 to 18 are eligible, and the youngest participants must be able to swim the length of the Training Pool with side breathing and without stopping.

Practice Times Now - June 7, 2024

Monday - Friday

Developmental Track

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

Competitive Track

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

Practice Times Starting June 10, 2024

Monday - Friday

Developmental Track

Stroke School (4-7)	10:30am - 11:00am
Mini (5-8)	9:30am - 10:15am
Junior (9-12)	9:30am - 10:30am
Senior (13+)	7:00am - 8:15am

Competitive Track

Silver (6-8)	8:15am - 9:30am
Gold (9-12)	8:00am - 9:30am
Platinum (13+)	7:00am - 8:45am

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 visit our team [website](#). Price: \$135/month + \$100 team fee.

Registration for Summer Swim Team begins on March 1st for new swimmers. Current swimmer are already enrolled. Summer Swim Team begins on Monday, April 29, 2024.

SUMMER SWIM LESSONS

This summer we are offering a wonderful "Learn to Swim Program" for all ages, emphasizing the adaptation to a new environment with the goal of making the transition from "non-swimmer" to "swimmer" comfortable and enjoyable. All of our lessons are taught by gentle, qualified instructors in our heated Training Pool.

We have a full-range of private, semi-private, parent/tot, adult, and group lessons available Monday - Friday. For more information, view our Swim Lesson Brochure on our [website](#), e-mail the Aquatics Director at shelbi@lgsr.com, or call the Front Desk at (408) 356 - 2136.

Week OneJune 10

Week Two.....June 17

Week ThreeJune 24

Week Four*July 1

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

Week FiveJuly 8

Week SixJuly 15

Week Seven.....July 22

Week EightJuly 29

Week NineAugust 5

Week Ten.....August 12



GROUP EXERCISE

STRENGTH & STRETCH UPDATE

The Tuesday/Thursday 9:45am Strength & Stretch class will now be extended by 15 minutes to allow more stretching time. If you would like to join the class for just the stretching portion, feel free to come into the class at 10:45am. Strength & Stretch is a fun fitness class designed for all fitness levels and ages. A combination of low impact cardio exercises with muscle sculpting and core balancing exercises. Use of light weights, resistance bands and a mat.



MARCH MADNESS GROUP EXERCISE CHALLENGE

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



During the week of 3/17/24 to 3/23/24 members can bring a guest with them to participate in any group exercise class listed above free of charge. Please contact Patty McNulty at patty@lgsr.com for more information.

GROUP EX SCHEDULE

MARCH 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-11:00AM			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		Strength	Cycling	Zumba	Aquatics	Sculpt	Yoga

FITNESS

10 NUTRITION TIPS TO NOURISH YOUR BODY

Nutrition is the cornerstone of a healthy lifestyle. The foods we consume provide the essential nutrients our bodies need to function optimally, fuel our workouts, and promote overall well-being. Whether your goal is to lose weight, build muscle, or simply improve your health, paying attention to your diet is key. With this in mind, here are ten nutrition tips to help you make informed choices and nourish your body effectively:

- **Prioritize Whole Foods:** Focus on consuming whole, minimally processed foods such as fruits, vegetables, lean proteins, whole grains, and healthy fats. These foods are rich in essential nutrients and support overall health.
- **Eat a Variety of Colors:** Incorporate a diverse range of colorful fruits and vegetables into your diet. Different colors indicate different nutrients, so aim for a rainbow of produce to ensure you're getting a wide array of vitamins, minerals, and antioxidants.
- **Mindful Eating:** Practice mindful eating by paying attention to your body's hunger and fullness cues. Slow down, savor each bite, and listen to your body's signals to avoid overeating and promote a healthier relationship with food.
- **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated. Aim for at least 8-10 glasses of water daily, and adjust based on your activity level, climate, and individual needs.
- **Balance Macronutrients:** Include a balance of carbohydrates, proteins, and fats in your meals to support energy levels, muscle repair, and overall well-being. Opt for complex carbohydrates, lean proteins, and healthy fats to fuel your body effectively.
- **Watch Portion Sizes:** Be mindful of portion sizes to avoid overeating. Use smaller plates and bowls, and pay attention to recommended serving sizes to help manage your calorie intake and maintain a healthy weight.
- **Plan Ahead:** Take time to plan your meals and snacks in advance to ensure you have nutritious options available when hunger strikes. Preparing meals at home can help you control ingredients and portion sizes.
- **Limit Added Sugars:** Minimize your intake of foods and beverages high in added sugars, such as soda, candy, and processed snacks. Opt for natural sources of sweetness like fruit or choose products with no added sugars whenever possible.
- **Include Healthy Fats:** Incorporate sources of healthy fats into your diet, such as avocados, nuts, seeds, and olive oil. These fats are essential for brain health, hormone production, and nutrient absorption.
- **Listen to Your Body:** Pay attention to how different foods make you feel. Everyone's nutritional needs are unique, so experiment with different foods and eating patterns to find what works best for you.

Our Certified Nutrition Coaches Brian Schweitzerhof, Amy Nishide and Hailey Scola are here to support you on your journey to better nutrition and overall wellness. They offer personalized nutrition assessments and guidance to help you reach your goals.

Ready to take your nutrition to the next level? Reach out to Brian, Amy, or Hailey to learn more about how they can support you on your journey towards better health.

- Brian Schweitzerhof | MS, NASM-CPT, CES, PES, CWC, CNC, CSCS, Pn2



MARCH KIDS NIGHT OUT: CIRCUS CIRCUS

Step right up and join the Circus for our March Kids Night Out event! This Kids Night Out will include circus-themed games, crafts, and a cheese pizza dinner! Children will wind down the evening with an age-appropriate movie and a sweet treat.

March Kids Night Out: Circus Circus!

When: Friday, March 22, 2024

Time: 5:00pm - 9:00pm

Ages: 2 - 12 Years Old

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



LGSRC SUMMER CAMP 2024

Sign up for Summer Camp beginning March 1st at the Front Desk. During our Summer Camp your kids will explore new interests while expressing themselves and having fun with a variety of activities in our Summer Camp. Campers will be actively engaged in a variety of fun activities to peak their interest, taking their experience to a whole new level. Each week our campers are organized into groups that rotate through a number of daily activities, such as arts and crafts, lawn games, snack time, and a tennis lesson taught by a Tennis Assistant, until they all come together for lunch followed by free swim. For more information about camp dates, weekly themes, and field trips, view our Summer Camp brochure on our [website](#) or call the Front Desk at (408) 356 - 2136. We can't wait to see you this summer!

