



# RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

April 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. Sessions are weekly beginning June 10th through August 9th. For more information, view our Swim Lesson Brochure on our website at [www.lgsrc.com](http://www.lgsrc.com), e-mail the Aquatics Director at [shelbi@lgsrc.com](mailto:shelbi@lgsrc.com), or call the Front Desk at (408) 356 - 2136.



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## CLUB HOURS

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



# TENNIS

## 2024 USTA LEAGUE SCHEDULE

**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**

## 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 [www.lgsr.com](http://www.lgsr.com) 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 at [www.gomotionapp.com/team/calgsc/page/home](http://www.gomotionapp.com/team/calgsc/page/home). Price: \$135/month + \$100 team fee.

Registration for Summer Swim Team is open. Current swimmers are already enrolled. Summer Swim Team begins



## APRIL CPR/AED 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, April 3, 2024 from 5pm-8pm in the Members' Lounge  
Instructor: John Rizzi, Retired Firefighter  
Price: \$40.00 for Members & \$50 for Guests of Members  
Certification is issued upon successful completion.



# GROUP EXERCISE

## TRY WATER FITNESS!

As the weather starts to get a little warmer, come try out one of our Water Fitness classes we offer on Monday, Wednesday, Friday, and Saturday from 10:00am - 11:00am.

Why Water Fitness? Just like land-based exercise, water aerobics and swimming can be effective strategies for improving cardio fitness, building strength, boosting your mood, easing joint pain, sleeping better, and reducing your risk for diseases like heart disease, diabetes, and even cancer.

We can't wait to see you in the water!



## WAYS TO STAY MOTIVATED THIS SPRING

One way to stay motivated is to set up your environment in a way that it supports an exercise habit. By doing this, you're removing some of those barriers that can sap your motivation.

**Make it easy to exercise.** Have everything you need ready for every workout. Know the workout you'll do, how long it will take, what you need to do it, and get it all together so when workout time comes, you don't have to hunt for that other shoe or your heart rate monitor.

**Find something you like.** Do you have to love exercise? No. But you should find something good about it. Forget about what you think you should do and do something you like or at least something you can tolerate. Everything feels hard at first, but it gets easier if you keep going. Walking on a treadmill is always an excellent place to start.

**Get good at something.** Self-efficacy is an intrinsic motivator. It feels good to master something, so why not master spinning or aerobics or push-ups? When you focus on doing something well, you forget about the fact that you're exercising.

**Find some support.** Get a workout buddy if you can or just someone you can text with every day for accountability. Beyond that, get your family behind you so you can have your workout time without having to worry about everyone else.

**Experiment.** The first few things you try may not work and that's totally normal. Don't keep trying things that you don't like or that don't work. Give yourself permission to experiment until you get to know yourself a little better.

**Be flexible.** Every day is different and there will be some when motivation is hard to come by. This is a good time to think about what's going on. Why aren't you motivated? Maybe you need more sleep or maybe you need to ditch your plans and just go for a walk. Listen to yourself and you'll find the motivation you need.

**Reward yourself.** Reward yourself for every workout you do, no matter how small: Give yourself time to listen to music or read a book, time to soak in a hot tub or browse in a bookstore. Every month, plan bigger rewards like a massage or a night out. Knowing you get a treat is a great motivator.

**Get some help.** Don't know what you're doing? Attend a group exercise class or hire a personal trainer.

**Just keep going.** There's usually a time, maybe a few weeks after you start working out, when motivation flags and you want to quit. This is the moment you need to keep going, because one of the ingredients for consistent exercise is momentum.



# GROUP EX SCHEDULE

## APRIL 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	
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool		Water Fitness Patty Training Pool	Water Fitness Training Pool
10:45AM-11:45AM				Pilates Sculpt Express Lisa			
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

## TRY NORMATEC COMPRESSION AT LGSRC



Improve your recovery time from hard workouts and tennis matches by using NormaTec. 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@lgsrc.com](mailto:brian@lgsrc.com)



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





## APRIL KIDS' NIGHT OUT: GARDEN PARTY

This month for Kids' Night Out, we will be celebrating Spring by having a garden party! Children will decorate garden pots, play lawn games, and enjoy a cheese pizza dinner with a themed dessert before settling down to watch an age appropriate movie. Sign up at the Front Desk today!

### *April Kids Night Out: Garden Party*

**When:** Friday, April 19, 2024

**Time:** 5:00pm - 9:00pm

**Ages:** 2 - 12 Years Old

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



## LGSRV SUMMER CAMP 2024 FILLING UP QUICK!

Spots for our 2024 Summer Camp are already filling up quick! 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 at [www.lgsr.com](http://www.lgsr.com) call the Front Desk at (408) 356 - 2136 for availability.

