



# RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

May 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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## EVENTS & HOLIDAY HOURS

- Wednesday, May 1, 2024  
Early Bird Summer Camp Registration Ends
- Friday, May 3, 2024  
Summer Swim Team Welcome Pool Party & Meeting
- Friday, May 3, 2024  
Tennis Cinco de Mayo Event with Jeff Cervantes
- Saturday, May 4, 2024  
Summer Weekend Hours Begin (Sat - Sun 6am - 9pm)
- Saturday, May 25, 2024  
Diving Board Opens (12:15pm - 6pm)
- Monday, May 27, 2024  
Memorial Day Holiday Club Hours (7am - 7pm)

## CLUB HOURS

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

# TENNIS

MAY TENNIS WINE DOWN MIXER

SUMMER  
GRAND SLAM  
JUNIOR  
TENNIS



## CINCO DE MAYO

MARGARITA WINE DOWN TENNIS MIXER  
TENNIS- FOOD - PARTY

MAY 3, 2024 | 6:30PM-9:30PM

**\$35**  
REGISTRATION

### LOS GATOS SWIM & RACQUET CLUB

COME JOIN US FOR A FUN EVENING OF  
DOUBLES WITH COACH JEFF TO CELEBRATE  
CINCO DE MAYO ON FRIDAY, MAY 3RD. THE  
ROUND ROBIN EVENT IS FROM 6:30PM TO  
9:30PM. MEXICAN FOOD WILL BE SERVED  
ALONG WITH BEER AND MARGARITAS!  
COSTUMES ARE OPTIONAL!

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.lgsrc.com](http://www.lgsrc.com) or call the Pro Shop at (408) 356-8363.





# AQUATICS

## SUMMER 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.



## CPR/AED CLASS AT LGSRC

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, June 5, 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

## CLASS ADDED: SLOW FLOW YOGA



**Sunday 8:30 - 9:30 AM Slow Flow Yoga with Liz Linehan and Elif Albuz.**

Embark on a tranquil journey with our Yoga Slow Flow session, designed to cultivate mindfulness, strength, and flexibility. Yoga Slow Flow will be a serene and fluid practice, harmonizing movement with breath, as you explore alignment, balance, and inner strength. Each pose unfolds gracefully, with modifications offered to suit every level.

From soothing sun salutations to rooted standing and contemplative seated postures, you'll experience gentle yet empowering holds. As you conclude, feel the grounding embrace of relaxation, leaving rejuvenated and centered.

## LGSRG GROUP EXERCISE ETIQUETTE & POLICIES

**Arrive on Time.** Rushing into a class is stressful for both you and your classmates. Be sure to arrive early, giving yourself the minutes you need to check in, put away your items, and gather any equipment you'll need for class. Plan to arrive at least five minutes before your scheduled class time. The Club allows 15 minutes between classes to set up. Warming up is a vital part of exercise. If you arrive late for class, please take the time to do an active warm up. If need to leave class early, please let your instructor know at the beginning of class. This way the instructor is not wondering if you are okay.

**Introduce Yourself.** Tell your instructor if this is your first time taking the class and they'll make sure you have everything you need. If you have an injury or physical limitations, this is a great time to let them know, as they can provide you with modifications, so you get the best workout for your body that day!

**Be Fresh and Clean.** Wearing perfume or heavy cologne to class can be offensive to some people, as well as the other end of the spectrum (strong body odor). Wear your deodorant and nix the perfume until after your workout.

**Avoid Chitchat.** We love that you've made friends in your group fitness classes, but talking can be distracting, and we don't want you to miss a minute of your workout. If you find yourself doing a lot of talking, ask your friend to catch up after class. Be mindful of the fact that you're not alone and other people are also trying to enjoy the class, too.

**Phone Free Zone.** Please silence or turn off your phone while participating in class. If your need to make a call please leave the room.

**Clean Up After Yourself.** Please wipe down your mat, put away your weights, and don't leave anything behind.

**Heating/Air Conditioning.** Please leave the heating and air-conditioning controls up to the instructors. It's best to arrive in warm-ups so as the room heats up, you can control your body temperature and remove your layers if necessary.

**Class Participation Age.** Youth 10-11 may participate in all classes with a supervising adult. Youth 12+ may participate without a supervising adult. Youth under 10 years old are not allowed in the group exercise classes.



# GROUP EX SCHEDULE

## MAY 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	Slow Flow Yoga Liz & Elif	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

## ZONE TRAINING

In the ever-evolving landscape of fitness trends and methodologies, it's easy to feel overwhelmed by the myriad of options promising transformative results. Amidst the noise, there exists a tried-and-true approach that stands the test of time: Zone Training.

Zone Training is a method of structuring your cardio workouts around specific heart rate zones based on your tested or predicted maximal heart rate to optimize your training and achieve your fitness goals efficiently. Rather than a one-size-fits-all approach, zone training tailors cardio intensity to your individual fitness level, ensuring that you work smarter, not just harder.

Everyone can benefit from Zone training. Whether you're a seasoned athlete looking to enhance performance, a fitness enthusiast striving for better health, or someone just starting their wellness journey, zone training offers a versatile framework adaptable to all fitness levels and goals.

There are two primary methods to determine an individual's zones. The predicted equation method and the VO2 test. Predicted equations, based on age, gender, and resting heart rate, offer a more accessible means of estimating zones, although they lack individual specificity and can be off by 10-20%. However, for those seeking the utmost accuracy and personalized guidance, we recommend the VO2 test. Conducted under controlled conditions with specialized equipment at our club, this test measures your maximal oxygen uptake, providing precise data to establish your zones.

Zone Training isn't just about pushing your limits; it's about working smarter and achieving a balanced approach to fitness. By targeting specific heart rate zones, you can improve cardiovascular health, boost endurance, enhance fat burning, and prevent overtraining—all while reducing the risk of injury and burnout.

VO2 testing provides invaluable insights into your cardiovascular fitness by measuring your oxygen consumption. But beyond the technical jargon, here's why VO2 testing is a game-changer for anyone serious about their fitness journey:

**Precision in Programming:** Forget the guesswork. VO2 testing offers personalized data to establish your heart rate zones with pinpoint accuracy, ensuring that your cardio workouts are tailored to your individual physiology and goals.

**Optimize Performance:** Whether you're a seasoned athlete aiming to shatter personal records or a fitness enthusiast seeking to maximize efficiency, understanding your VO2 test can help you push your limits and achieve peak performance.

**Prevent Overtraining and Injury:** By identifying your anaerobic threshold and optimal training zones, VO2 testing empowers you to train smarter, not just harder.

**Health Monitoring:** Your VO2 is not just a measure of fitness; it's a window into your overall health. Monitoring changes in VO2 over time can provide valuable insights into your cardiovascular health and well-being.

But perhaps most importantly, VO2 testing is about empowering you to take control of your fitness journey. It's about equipping you with the knowledge and tools you need to reach your goals on your terms, at your pace.

So, whether you're a seasoned athlete or a fitness newbie, consider the transformative potential of VO2 testing. It's not just a test; it's a gateway to unlocking your full potential and embracing a healthier, happier you.

If you have any questions about getting your VO2 test, or would like to schedule a test, contact Brian Schweitzerhof, Fitness Director at [brian@lgsr.com](mailto:brian@lgsr.com).

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Fitness Director, Performance Enhancement Specialist

## KIDS' NIGHT OUT: LUAU PARTY!

This month for Kids' Night Out, we will be celebrating warmer weather by having a Luau Party! Kids will make flower leis, play limbo, do a water balloon toss outside, and enjoy a cheese pizza dinner and themed dessert before settling down with an age appropriate movie.

Due to water play, please send kids in their swimsuits for the water balloon toss and a change of clothes.

### May Kids' Night Out: Luau Party!

When: Friday, April 19, 2024

Time: 5:00pm - 9:00pm

Ages: 2 - 12 Years Old

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



## LGSRC SUMMER CAMP 2024: SIGN UP NOW!

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.lgsrc.com](http://www.lgsrc.com) call the Front Desk at (408) 356 - 2136 for availability.

