



# RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

June 2024



## 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. 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.



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## SUMMER SWIM LESSONS



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.

## CLUB HOURS

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



# TENNIS

## JUNE TENNIS WINE DOWN MIXER

### Wimbledon Under the Stars

TENNIS MEMBERS ARE INVITED TO JOIN US IN ROUND ROBIN DOUBLES UNDER THE STARS! MEMBERS WILL ALSO GET TO ENJOY PUB STYLE FOOD AND WINE TASTING WITH REAGAN VINEYARDS!

RSVP: SIGN UP IN THE PRO SHOP OR E-MAIL LGSRC.PROSHOP@GMAIL.COM BY THURSDAY, JUNE 27TH. YOU MUST CANCEL 24 HOURS IN ADVANCE TO AVOID CHARGE.

FRIDAY, JUNE 28, 2024 FROM 6:30PM - 9:30PM  
YOUR LGSRC TENNIS DIRECTOR: JEFF CERVANTES  
COST: \$35/PERSON

## SPRING JUNIOR TEAM TENNIS CHAMPIONSHIP

The Spring Season for our LGSRC Junior Team Tennis has ended. Four of our teams qualified for Sectional Playoffs, which were held May 18th - 19th at Diamond Hills Sports Club and Spa in Oakley. Congratulations to the 10U Orange Ball Team and the 10U Green Ball Teams for coming in 3rd Place. And to the 12U Green Ball Team A and 12U Green Ball Team B. Both teams came in 1st Place in their flights. There was tremendous effort from all our players for their outstanding performance throughout the season, playoffs, and the sectional championships.

### JUNIOR TEAM TENNIS CHAMPIONSHIP



From Left: Noi Chery, Daison Truong, Amelie Chen, Akshaya A, Aaditya Murthy, Daniel Mach



From Left: Samantha Vijay, Raynaud Seet, Kolton Davidson, Adrian Hu, Mira Upendran, Coach Nancy Kidd



From Left: Coach Nancy Kidd, Audrey Lin, Kevin Kim, Coach Noi Chery, Liam Kalia, Sammy Kim, Naomi Upendran, and not there is Daniel Le



# 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.

## JUNE 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.



## SNACK BAR OPENS SATURDAY, JUNE 8TH!



The Snack Bar will be open daily from 11am - 5pm starting Saturday, June 8th. We will be offering lunch and snack options! Cool down by the pool with a delectable frozen treat, or one of our delicious fruit smoothies!

# GROUP EXERCISE

## JUNE GROUP EXERCISE CHANGES

- The Tuesday/Thursday 1:15pm AB Blaster class has been removed from the Group Exercise Schedule.
- The Wednesday 10:45am Pilates Sculpt Express has been removed from the Group Exercise Schedule.
- The Monday/Wednesday/Friday Water Fitness class has been moved to the Large Pool.
- The Tuesday/Thursday Master Swim class has been moved to 10am-11am.

## WHY YOU SHOULD TRY OUR STRENGTH & STRETCH CLASS



A strong lower body can help athletes improve their speed, agility, and vertical, which can boost their performance.

Lower body muscles are responsible for total body balance, which can help increase coordination and speed. Squats, lunges, and deadlifts utilize large muscle groups in the lower body, which require a lot of energy (and calories) to perform. This means more calories burned during and after your workout. This can help create a calorie deficit needed for fat loss. More muscle equals more calories burned at rest.

Leg exercises enhance functional strength, making everyday activities such as climbing stairs and lifting heavy objects easier. They also improve balance and stability while reducing the risk of falls and injuries.

Weight bearing exercises like squats and lunges strengthen the bone and joints, which is particularly important for women to prevent osteoporosis and maintain joint health as we age.

No matter your age or goals, we all need strong legs and glutes.

*Group Ex*

### 4TH OF JULY SCHEDULE

8:30AM STEP WITH STACY  
9:30AM ZUMBA WITH STACY  
12:00PM CYCLE WITH RACHEL

The graphic features a dark blue background with white and red stars and fireworks. At the top, the word "USA" is written in large, stylized letters, with the "U" in red, "S" in white, and "A" in blue. Below this, the text "Group Ex" is written in a white cursive font. The main title "4TH OF JULY SCHEDULE" is in a bold, red, sans-serif font. Below the title, the schedule is listed in white, sans-serif font: "8:30AM STEP WITH STACY", "9:30AM ZUMBA WITH STACY", and "12:00PM CYCLE WITH RACHEL". The bottom of the graphic features a row of five stars: a blue star, a white star, a red star, a white star, and a blue star.

# GROUP EX SCHEDULE

## JUNE 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		Zumba Kristy			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 Large Pool	Master Swim Shelbi Large Pool	Water Fitness Patty Large Pool	Master Swim Shelbi Large Pool	Water Fitness Patty Large Pool	Water Fitness Training Pool
12:15PM-1:15PM			Group Cycle Rachel		Group Cycle Rachel		
12:30PM-1:30PM	Group Cycle 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

## 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 (Fitness Director) and Amy Nishide (Personal Trainer) 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 or Amy 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  
Doctoral Candidate in Health Science  
Fitness Director, Performance Enhancement Specialist

