



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



SUMMER PROGRAMS

Our last week of summer programs is 8/5 - 8/9. We still have availability for our Grand Slam Junior Tennis program and Swim Lessons.

Our swim lessons are taught by gentle, qualified instructors in our heated Training Pool. We have a full-range of private, semi-private, and group lessons available Monday - Friday. Lessons are 30 minutes in length. We are also offering Private Swim Lessons after August 9th. To sign-up for private lessons, contact Aquatics Director, Shelbi Oskolkoff-Campbell at swimlessons@lgsrcc.com or visit <https://lgsrcc.captyn.com/>.

Our tennis summer program is designed for all levels of junior players. 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. For more information, contact the Pro Shop at (408) 356 - 8363 or come in to sign up!

We had an amazing summer this year in all of our camps and already can't wait for the 2025 season!

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CLUB HOURS

Weekday Hours

Monday - Friday 5am - 10pm

Weekend Hours

Saturday and Sunday 6am - 9pm

Pro Shop Hours

Monday - Thursday 8am - 8pm

Friday - Sunday 8am - 6pm

END OF SEASON HOURS

SNACK BAR (CLOSES FOR SUMMER ON 8/11)

11:00 am - 5:00 pm Daily

LIFEGUARD HOURS NOW - AUGUST 14TH

11:00 am - 8:00 pm Daily

LIFEGUARD HOURS STARTING AUGUST 15TH

Mon, Tues, Thurs, Fri: 3:30 pm - 7:00 pm

Wednesday: 1:00 pm - 7 pm

Saturday and Sunday: 11:00 am - 7:00 pm

DIVING BOARD HOURS NOW - AUGUST 14TH

12:00 pm - 6:00 pm Daily

DIVING BOARD HOURS AUGUST 15TH - SEPT 2ND

3:30 pm - 6:00 pm

TENNIS

U.S. OPEN WINE DOWN

Friday, August 30, 2024

6:30pm - 9:30pm

with Head Tennis Pro, Scott Howard

Registration: \$35

Sign up at the Pro Shop



AQUATICS

YEAR-ROUND SWIM TEAM BEGINS AUGUST 12, 2024

DEVELOPMENTAL TRACK

Stroke School (4-7)
Mini (5-8)
Junior (9-12)
Senior (13+)

COMPETITIVE TRACK

Silver (6-8)
Gold (9-12)
Platinum (13+)

PRACTICE TIMES MONDAY - FRIDAY

Stroke School: 3:00pm - 4:15pm
Mini: 3:30pm - 4:15pm
Junior: 3:30pm - 4:30pm
Silver: 4:15pm - 5:30pm
Gold: 3:55pm - 5:30pm
Senior: 5:30pm - 6:45pm
Platinum: 5:00pm - 7:00pm



Los Gatos



Swim Club

Register for the appropriate group above based on age and ability. Silver, Gold, and Platinum registrants must have coaches approval. See dryland schedule and detailed group descriptions on website. Price: \$135/month + \$100 team fee. Register on our website or [click here!](#)



AUGUST 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, August 7, 2024 from 5pm-8pm in the Members' Lounge
Instructor: John Rizzi, Retired Firefighter
Price: \$40 for Members & \$50 for Guests of Members.
Certification is issued upon successful completion.



GROUP EX

STRENGTH AND SCULPT CLASS WITH SHANNON LARSEN

The Monday and Wednesday 5:30pm class with Shannon Larsen will now be Strength and Sculpt. Shift your body into high gear through an intense muscle endurance and strength workout. This is a muscle-toning class that focuses on building core strength. This motivating group class will encourage your accountability in pursuing your fitness journey. Strength and conditioning training focuses on making muscles and bones stronger in specific areas of the body. Core stability uses resistance to build strength, tone muscle, shed fat and burn calories.



STRENGTH TRAINING BENEFITS

Strength training helps make your muscles stronger, allowing you to keep up with activities in your daily life. From getting up out of chairs to simply going down stairs, our bodies require strong muscles throughout the day. As we age, our bodies lose muscle mass, which can limit one's ability to function in their home and live independently. Strength training benefits more than just your muscles. Some types of training can help keep your bones healthy as well. Additionally, strength training can also improve the way your body processes food to help prevent diabetes and other metabolic diseases. To achieve these benefits, one should aim for at least two strength training exercises per week, targeting all the large muscle groups.



AUGUST 2024 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		Cycling Dolores		Cycling 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	Step & Sculpt 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 Nick Large Pool	Zumba Kristy	Master Swim Nick 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
12:15PM-1:15PM			Cycle Rachel		Cycle Rachel		
12:30PM-1:30PM	Cycle Rachel						
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Heather		
5:30PM-6:30PM		Strength & Sculpt Shannon	Zumba Stacy	Strength & Sculpt Shannon	Zumba Stacy	Yoga Strength & Stretch Lance	
6:30PM-7:30PM			Cycle Stacy		Cycle Stacy		
6:45PM-7:45PM		Yoga Strength & Stretch Lance		Yoga 4 All Makiko			
Legend	■ Strength	■ Sculpt	■ Aquatics	■ Cycle	■ Yoga	■ Pilates	■ Dance



FITNESS

THE ESSENTIAL ROLE OF HYDRATION IN FITNESS AND WELLNESS

During summer staying hydrated becomes increasingly important for everyone, especially fitness enthusiasts and those looking to maintain their health. Whether you're engaging in outdoor activities, working out, or simply enjoying the sunshine, proper hydration is key to keeping your body in top shape. Let's explore why hydration is essential and how electrolytes can support your summer hydration strategy.

Why Hydration Matters

1. Regulates Body Temperature. Hydration is crucial for regulating your body's temperature. During physical activities or exposure to high temperatures, your body cools itself through sweating. This process helps dissipate heat but also leads to fluid loss. Without adequate hydration, your body may struggle to cool itself effectively, increasing the risk of heat exhaustion or heat stroke.

2. Enhances Physical Performance. Dehydration can significantly impact your physical performance. Even mild dehydration, defined as a loss of 1-2% of body weight due to fluid loss, can reduce endurance, strength, and overall exercise capacity. Staying well-hydrated ensures that your muscles receive adequate blood flow and oxygen, supporting optimal performance during workouts and physical activities.

3. Aids in Recovery. Hydration plays a vital role in post-exercise recovery. Water helps transport essential nutrients to your muscles, aids in flushing out toxins, and supports tissue repair. Adequate hydration can minimize muscle soreness and enhance recovery, allowing you to maintain your fitness routine with minimal downtime.

4. Supports Mental Function. Water is essential for brain function. Dehydration can impair cognitive abilities, leading to reduced concentration, alertness, and coordination. Staying hydrated helps keep your mind sharp and focused, which is crucial for both physical activities and daily tasks.

The Role of Electrolytes. Electrolytes are minerals such as sodium, potassium, magnesium, and calcium that play a crucial role in maintaining fluid balance and supporting muscle function. During intense exercise or prolonged exposure to heat, your body loses both water and electrolytes through sweat. Replenishing these electrolytes is important to prevent imbalances that can affect performance and recovery. An example of a balanced electrolyte supplement includes sodium for fluid balance, potassium for muscle function, magnesium for energy production, and calcium for muscle contractions. These components work together to support hydration and overall physical performance.

Practical Hydration Tips for Summer

- 1. Drink Regularly:** Keep a water bottle with you and take small sips throughout the day, rather than waiting until you feel thirsty.
- 2. Monitor Your Hydration Status:** Pay attention to signs of dehydration, such as dark urine, dry mouth, or infrequent urination, and adjust your fluid intake accordingly.
- 3. Include Electrolytes:** When engaging in prolonged physical activity or spending extended time in the heat, consider incorporating an electrolyte supplement. I've found Catalyte from Thorne to be particularly effective for maintaining the balance of fluids and minerals in my body.
- 4. Eat Hydrating Foods:** Foods with high water content, such as watermelon, cucumbers, and oranges, can contribute to your overall hydration.

As the summer heat intensifies, making hydration a priority is essential for maintaining fitness, health, and well-being. Proper hydration supports your body's temperature regulation, physical performance, recovery, and mental function. Along with regular water intake, paying attention to electrolyte balance can further enhance your hydration strategy. By following these tips, you can enjoy a healthier, more active summer and keep your body performing at its best.

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

KIDS' CLUB
KIDS' NIGHT OUT PRESENTS

Culinary Concoctions

This event is perfect for budding chefs ages 11 & under. With the guidance of our friendly kids club staff, children will explore the art of cooking through hands-on activities like topping pizza's, cupcake decorating, and crafting delicious fruit kabobs! Children will have a chance to enjoy their culinary creations, before winding down the evening with an age appropriate movie. Parents can enjoy a night off while their little ones embark on a fun & flavorful adventure.

WHEN

August 30, 2024
5:00 PM-9:00 PM

PRICE

MEMBERS: \$45
GUESTS: \$55

SIGN-UPS

Families can register for this event in person at the Front Desk! Space is limited and sign-ups are on a first come first serve basis, so don't wait! Sign up today!