



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



ANNOUNCEMENT: CLUB CLOSED 10/14 FOR PARKING LOT REPAVING

We will be repaving our parking lot and need to close for one day on Monday, October 14th, 2024. The Club will be closed for all activities, and no Member access will be allowed on that day.

There will also be some preparation work on Friday, October 11th, but we will accommodate access and parking with minimal inconvenience.

The Club will reopen on Tuesday, October 15th at 5am for normal business and activities.

We appreciate your understanding as we complete these necessary repairs.

Thank you,
Shelli, Chris, and Lauren Denevi

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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

CLUB TRICK-OR-TREATING

On Halloween, we will be hosting our annual children's Trick-or-Treating event from 4:00pm-4:30pm. On Thursday, October 31st bring your little goblin (all ages!) to Trick-or-Treat with a parent or guardian around the Club. Costumes are encouraged and recommended for this event! This event is complimentary for Members' children and \$5 for guests of Members. Sign up at the Front Desk.



TENNIS

LGSRC TENNIS PRESENTS



HALLOWEEN

TENNIS PARTY & COSTUME CONTEST!

**25
OCT**

ORGANIZED BY TENNIS PRO, NOI CHERY

6:30PM - 9:30PM

PRIZES FOR 1ST, 2ND, & 3RD BEST COSTUME

CP FINE CATERING BY CAFE PRIMAVERA

FEE: \$40/MEMBER



AQUATICS

YEAR-ROUND SWIM TEAM

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 - 3:30pm

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



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!](#)



OCTOBER 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, October 2, 2024

Time: 5pm-8pm

Location: Members' Lounge

Instructor: John Rizzi, Retired Firefighter

Price: \$40 for Members & \$50 for Guests of Members.

Certification is issued upon successful completion.





THURSDAY GENTLE YOGA UPDATE

Thursday Gentle Yoga from 4:00pm - 5:15pm will now be taught by Liz Linehan.

As a long-distance runner and cyclist, Liz began practicing yoga 20 years ago as a way to heal her body in times of injury. She quickly began to feel both the physical and mental benefits that a regular yoga practice can bring. Liz believes yoga can cultivate a sense of community and connection that provides a host of benefits for our health and well-being. Liz creates a warm, inclusive and safe environment where students can build mind, body, and breath connection.



GROUP EX HALLOWEEN COSTUME CONTEST 10/31



Show off your creativity and have a great time with the potential to win two guest passes.

Every group exercise class on Thursday, October 31st will have one winner. The class instructor will award the prize at the end of class!

Good luck and we can't wait to see you all in your costumes!!!



OCTOBER GROUP EXERCISE SCHEDULE 2024

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-9:00AM						Step & Sculpt Stacy	
8:15AM-9:15AM							Cardio Sculpt Dolores
8:30AM-9:30AM	Slow Flow Yoga Liz & Elif	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann		
9:00AM-10:00AM						Zumba & Hip Hop Stacy LIVE & ZOOM	
9:30AM-10:30AM			Master Swim Nick Large Pool	Zumba & Abs Stacy 75 min. LIVE & ZOOM	Master Swim Nick Large Pool		Yoga 4 All Makiko
9:45AM-10:45AM		Pilates Sculpt Express Lisa					
9:45AM-11:15AM	Pilates Sculpt Plus Lisa		Strength & Stretch Patty LIVE & ZOOM		Strength & Stretch Patty LIVE & ZOOM		
10:15AM-11:45AM						Pilates Sculpt Plus Lisa	
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Katherine Training Pool		Water Fitness Patty Training Pool	Water Fitness Katherine 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 Liz		
5:30PM-6:30PM		Strength & Sculpt Christy	Zumba Stacy LIVE & ZOOM	Strength & Sculpt Patty	Zumba Stacy LIVE & ZOOM		
6:00PM-7:00PM						Yoga Strong Lance	
6:30PM-7:30PM			Cycle Stacy		Beats n Feet's Stacy		
6:45PM-7:45PM		Yoga Strong Lance		Yoga 4 All Makiko			
Legend	■ Strength	■ Pilates	■ Aquatics	■ Cycle	■ Yoga	■ Sculpt	■ Dance



FITNESS

WHEN SHOULD MY CHILD START WORKING OUT?

As a parent, you might wonder when the right time is for your child to start working out. With so much information out there, it can be confusing to know what's best for your child's development. Understanding the right timing and types of exercises can make all the difference in setting up your child for a lifetime of healthy habits and physical fitness.

Understanding Child Development: The Role of Peak Height Velocity (PHV)

Before diving into specific recommendations, it's important to understand a key concept in child development: Peak Height Velocity (PHV). PHV refers to the period during adolescence when a child experiences their fastest rate of growth in height. This growth spurt typically happens once during puberty—usually between the ages of 10-14 for girls and 12-16 for boys. PHV is an important marker because it helps determine when certain types of physical training are most appropriate and effective. Here's how you can align your child's workout routine with their development:

Ages 4-10: Building a Foundation Through Play

At this stage, the focus should be on developing fundamental movement skills, coordination, and overall physical literacy. Formal workout routines are not necessary for children in this age group. Instead, encourage a variety of fun and engaging activities that promote a wide range of movements:

- Running, jumping, and hopping through games like tag or obstacle courses.
- Throwing and catching with balls, beanbags, or frisbees.
- Balance and stability exercises such as walking on a balance beam or simple gymnastics like forward rolls.
- Agility and quickness drills through chasing games or simple relay races.

The key here is variety and fun. By participating in these activities, your child will build a strong foundation of basic skills that will benefit them in any sport or physical activity they choose later in life.

Pre-PHV (Before Growth Spurt): Ages 6-10 for Girls, 8-12 for Boys

As children approach the pre-adolescent stage, their bodies are preparing for the rapid growth of PHV. This period is an ideal time to continue focusing on coordination, balance, and general fitness without the intensity of structured strength training:

- Agility and coordination remain crucial, with activities like dance, martial arts, or swimming being excellent choices.
- Bodyweight exercises like push-ups, squats, and planks can be introduced, but the emphasis should still be on proper form and control rather than intensity.

During PHV (Growth Spurt): Ages 10-14 for Girls, 12-16 for Boys

When your child hits their growth spurt, you might notice rapid changes in their height and body composition. This can temporarily disrupt their coordination and balance, making it essential to adjust their physical activities accordingly:

- Endurance training becomes more appropriate during this stage. Activities like swimming, cycling, or light running can help build cardiovascular fitness without putting undue stress on the growing body.
- Maintain focus on flexibility and coordination to help your child adapt to their rapidly changing body. Yoga or simple stretching routines can be beneficial.

Post-PHV (After Growth Spurt): Ages 13-18 for Girls, 15-18 for Boys

After the growth spurt, your child's body begins to stabilize, making this the ideal time to introduce more structured strength training:

- **Strength training can now be safely incorporated, focusing on proper technique and gradually increasing intensity. Exercises like squats, deadlifts, and push-ups are great starting points.**
- **Power and plyometric exercises can also be introduced to develop explosive strength, which is valuable for many sports.**
- **Continue aerobic conditioning through sports and activities that your child enjoys. This not only supports cardiovascular health but also keeps exercise enjoyable.**

Key Takeaways: A Holistic Approach to Youth Fitness

- **Start with Fun and Play: For young children (ages 4-10), the focus should be on fun, unstructured play that promotes a variety of movements. This builds a solid foundation for future athletic development.**
- **Adapt as They Grow: As your child enters puberty and experiences their growth spurt, adjust their activities to match their developmental stage. Focus on coordination before and during PHV, and shift toward strength and endurance training afterward.**
- **Individualized Approach: Every child is different, so it's essential to consider their unique development and interests. Encourage a variety of activities and ensure that exercise remains a positive experience.**

By aligning your child's workout routine with their natural growth and development, you're not only helping them build physical fitness but also fostering a lifelong love of activity. Remember, the goal is to keep exercise fun, safe, and appropriate for their age and stage of development.

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





Kids Club Presents

SPOOKTACULAR

KIDS NIGHT OUT



THIS MONTH IN KIDS CLUB, WE'RE HAVING A SPOOKTACULAR HALLOWEEN PAINT NIGHT! CHILDREN WILL GET TO RE-PURPOSE THRIFTED PAINTINGS BY ADDING THEIR OWN FALL THEMED TOUCHES!

WE WILL ALSO BE MAKING POPCORN HANDS, ENJOYING A CHEESE PIZZA DINNER, AND INDULGING IN A SWEET TREAT DESSERT BEFORE WINDING DOWN THE EVENING WITH AN AGE-APPROPRIATE MOVIE!

THIS EVENT IS OPEN TO CHILDREN 2-12. FAMILIES CAN REGISTER FOR THIS EVENT IN PERSON AT THE FRONT DESK!!

FRIDAY, OCTOBER 25, 2024

5PM - 9PM

MEMBERS

\$45

GUESTS

\$55

