



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



THANKSGIVING HOURS

Thursday, November 28, 2024
Thanksgiving Day (Club Closed)

Friday, November 29, 2024
Day After Thanksgiving (7am - 7pm)

May this day and every day be filled with love, joy and happiness.



ANNOUNCEMENTS

Beginning November 2nd, Saturday and Sunday Club hours change to 8pm closing.

Sunday, November 3rd ends Daylight Saving Time. Don't forget to set your clocks back!

IN THIS ISSUE...

- Tennis..... Page 2
- Aquatics.....Page 3
- Group Exercise.....Page 4
- Group Exercise Schedule..... Page 5
- Fitness..... Page 6
- Fitness..... Page 7
- Kids Club..... Page 8

CLUB HOURS

Weekday Hours

Monday - Friday 5am - 10pm

Weekend Hours

Saturday and Sunday 6am - 8pm

Pro Shop Hours

Monday - Thursday 8am - 8pm

Friday - Sunday 8am - 6pm

YOU'RE INVITED! ANNUAL CHILDREN'S CHRISTMAS PARTY!

Join Santa and the rest of the Kids' Club staff in the Group Exercise room on Saturday, December 21, 2024 from 11am - 12pm for a very merry Christmas party for the whole family! We will write letters to Santa, enjoy yummy snacks, make a fun craft, and take a picture with Santa too! This is a family event, so we ask that parents stay with their children at all times. Please sign up at the Front Desk. This event is complimentary for Members and \$10 for Guests of Members.



TENNIS

ADULT 40 AND OVER LEAGUE

Traditional:

League Season: January 6, 2025 - March 16, 2025
Team Registration: 11/4/24 - 12/2/24

Daytime:

League Season: January 6, 2025 - March 14, 2025
Team Registration: 11/4/24 - 12/2/24

MIXED 18 AND OVER LEAGUE

League Season: January 6, 2025 - March 16, 2025
Team Registration: 11/4/24 - 12/2/24

ADULT 65 AND OVER LEAGUE

League Season: February 3, 2025 - April 11, 2025
Team Registration: 12/2/24 - 1/6/25

MEET OUR NEW TENNIS PRO, DANIELA NALESSO



I was born in Italy, in the beautiful town of Turin, just north of "Le Langhe", one of the best Italian food & wine regions. I lived in Switzerland, France and Germany until 2015, when we decided to move to California. My passion for tennis started in my mid 30s. I quickly fell in love with the beauty of this sport, for many different reasons. It is social, but competitive. It is accessible to everyone, but uniquely complex when you want to master it. It challenges you both physically and mentally and it requires hard work. The passion to improve my own game, motivated me to learn everything about the sport and become a tennis pro. I started teaching my son, Matteo, who is now 8 and is part of the LGSRC JTT team. I worked for SJSRC, Reuts' Academy and have been assisting Noi in the JTT orange & green ball Program at LGSRC since about 2 years. I also run an after-school Tennis Program at St Leo the Great with more than 35 young tennis players. Building strong foundations and skills while ensuring fun, personal growth and respect of each individual is at the core of everything I do. I am so very excited to become part of the LGSRC Family and looking forward to meeting you all soon. See you on the TENNIS COURTS :)!

Ciao ciao, Daniela

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



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!](#)

DECEMBER 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, December 4, 2024

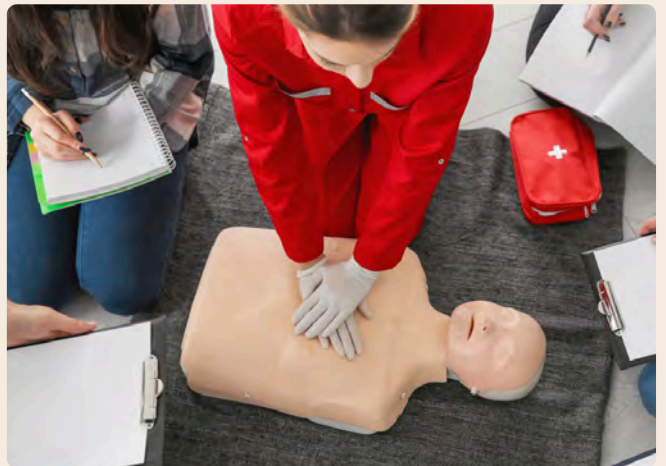
Time: 5pm-8pm

Location: Members' Lounge

Instructor: John Rizzi, Retired Firefighter

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

Certification is issued upon successful completion.





NOVEMBER GROUP EX UPDATES

The 5:30pm Monday & Wednesday Strength & Sculpt has an instructor change. Christy Li will be teaching on Monday's and Patty McNulty will be teaching on Wednesday's.

Katherine George will be teaching the 10:00am Water Fitness class on Wednesdays and Saturdays.



THANKSGIVING WEEK SCHEDULE

Monday 11/25 - Regular Schedule

Tuesday 11/26 - Regular Schedule

Subs: 8:00am Foam Rolling & 8:30am-9:30am - Lisa Roper

4:00pm-5:00pm Gentle Yoga - Liz

Wednesday 11/27 - Evening Classes Cancelled

Thursday 11/28 - THANKSGIVING - Club Closed

Friday 11/29

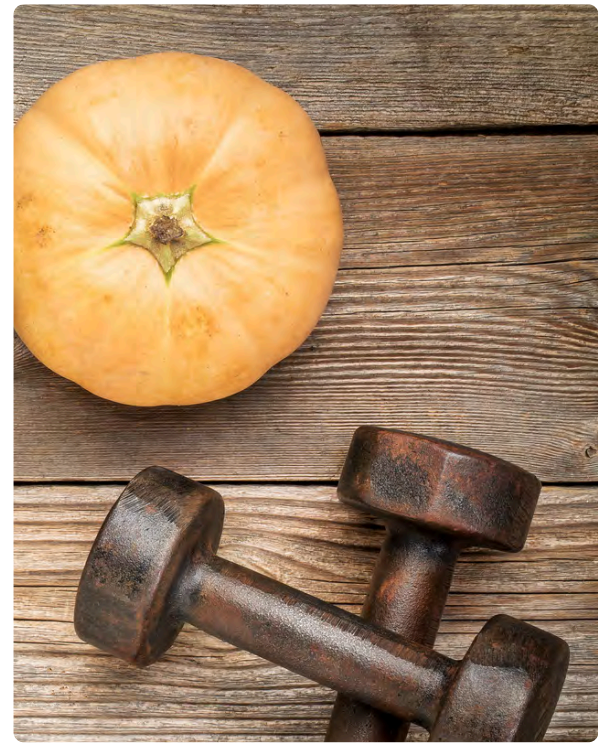
7:15am-8:15am Cycle Boot Camp with Dolores

7:30am-9:00am Master Swim 5,000 yard goal with Nick

8:45am-10:15am Drums and Dance with Stacy

10:00am-11:00am Water Fitness with Patty

10:15am-11:45am Pilates Sculpt Plus with Lisa



MAINTAIN A ROUTINE DURING THE HOLIDAYS

The holidays are a notorious time of year for excess eating and drinking. Exercise probably will not cancel out all those indulgences, but it will help prevent you from falling completely off course. You will feel less guilty about that extra serving. I suggest going into the holiday season with a plan. Start by making exercise a priority in your schedule. Plan your workouts in advance, and treat them as important appointments. Block your calendar and consider going with a friend to keep yourself accountable. Then decide not "if" but "when" you'll indulge. Before you sit down for a meal, look at all your options and consider passing on the heaping pile of buttery potatoes and save some room for your favorite dessert.

Maintaining a routine through the holidays and into the new year is far easier than having to pump yourself up to start all over again. If you've made hitting the gym a part of your routine, keep your momentum going and set your sights on a new goal for 2025.

NOVEMBER 2024 LGSRC GROUP EX 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-9:00AM						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

EATING DURING THE HOLIDAYS: YOUR PLAN FOR SUCCESS

The holidays are a special time of year filled with celebrations, family gatherings, and delicious meals. It's easy to get caught up in the festivities, but that doesn't mean you have to completely abandon your health and fitness goals. Whether you're trying to lose weight, maintain your current weight, or just avoid completely going off the rails, having a solid plan can help you enjoy the holidays without guilt. Here's how you can navigate this season like a pro.

1. Know Your Goal

Before diving into your holiday meals, decide on your goal:

- **Losing Weight:** If you're aiming to lose weight, your strategy might focus on mindful eating, portion control, and sticking to nutrient-dense foods that align with your calorie goals.
- **Maintaining Weight:** For those looking to maintain their current weight, this can mean being flexible. Enjoy some indulgent foods in moderation, but balance them with healthier choices and regular movement.
- **Staying on Track Mentally:** If your priority is to avoid feeling out of control or "falling off the wagon," then having a plan to indulge mindfully can be just as valuable as sticking to a rigid eating pattern.

2. Make a Plan (And Stick to It!)

If you want to stick with your plan, do it. One of the keys to successfully navigating holiday eating is creating a plan you know you can follow. Think ahead about the events you'll attend, the foods you'll eat, and what your meals will look like. Here are a few strategies:

- **Pre-Eat:** If you know you'll be heading to a party with indulgent foods, eat a balanced meal beforehand to curb the urge to overeat.
- **Prioritize Protein & Veggies:** When faced with a spread of options, focus on lean proteins and vegetables first. This will help fill you up with nutrient-dense options before indulging in treats.
- **Hydrate:** Drinking plenty of water throughout the day (and between drinks if you're indulging) can help you stay hydrated and prevent mistaking thirst for hunger.



3. Enjoy Without Guilt (If That's Your Plan!)

Sometimes, you might decide that it's okay to go off-plan. And that's perfectly fine! If you want to enjoy the holiday season without worrying about every bite, allow yourself the freedom to do so. The key is to be intentional. If you choose to indulge, enjoy it fully. Don't beat yourself up afterward.

- **Savor Every Bite:** If you're going to have dessert, slow down and truly savor the flavors. Enjoying the experience can prevent you from overindulging mindlessly.
- **Practice Self-Compassion:** If you do go overboard, remember it's just one meal or one day. It won't undo your progress. What matters is how you respond afterward, so forgive yourself and get back to your regular habits without guilt.

4. After the Holidays: Getting Back to Your Routine

Once the holidays are over, it's time to refocus on your goals. This doesn't mean making up for "bad" choices, but rather getting back into your regular eating routine. Whether you took a few days off or stayed consistent with your plan, what matters most is your long-term habits. Here's how to get back on track:

- **Return to Your Regular Schedule:** Don't dive into extreme dieting or punishing workouts. Simply return to your normal eating and exercise habits.
- **Reassess Your Goals:** The new year can be a great time to re-evaluate your goals and make adjustments if needed. Set realistic, achievable goals for your nutrition and fitness moving forward.
- **Stay Consistent:** Remember, consistency is more important than perfection. Whether you indulged or stuck to your plan, what you do most of the time is what counts.

Final Thoughts

The holidays don't have to derail your progress. By making a plan that aligns with your goals—whether that's sticking to your routine or enjoying the season without guilt—you'll come out of the holiday season feeling confident and in control. Whatever you choose, remember: you can always get back to your goals after the holidays.

Enjoy the season, and happy holidays!

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





Kids' Club Presents...

KIDS' NIGHT OUT *Fall Fun*

This month in Kids' Club, we're fully embracing the fall season! Children will have a blast making classic fall-themed crafts and bobbing for apples!

We will also enjoy a cheese pizza dinner and indulge in a sweet treat dessert before winding down the evening with an age-appropriate movie!

This event is open to children ages 2-12.
Families can register in person at the
Front Desk!

Friday, November 22, 2024
5PM-9PM

Members:
\$45

Guests of
Members:
\$55