



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



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.

HOLIDAY CLUB HOURS

Tuesday, December 24, 2024: 6:00am - 5:00pm
Wednesday, December 25, 2024: Club Closed
Tuesday, December 31, 2024: 6:00am - 5:00pm
Wednesday, January 1, 2025: Club Closed



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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

DUES INCREASE

Our goal at Los Gatos Swim and Racquet Club has always been to provide you with the highest-quality service at the most reasonable rates. Our family-owned-and-managed Club has demonstrated this commitment by continually adding new services and equipment, and enhancing facilities, since opening in 1959.

As you might imagine, the Club's operating costs have continued to significantly increase over the past several years. In order to continue to improve our facilities and provide a high level of service we are increasing dues effective January 1, 2025. The dues structure for the various types of memberships will increase by \$10.00. We value your business and will continue to provide you with reliable service and a quality facility to support your health and fitness needs.

TENNIS

FUN TIMES AT OUR FINAL MIXER OF THE YEAR!

The October 25, 2024 Halloween Costume Wine Down was such a blast! Everyone came dressed in fantastic costumes, making it an event to remember. We held a costume contest and the winners were: Carolyn Booker as Catwoman for 1st place, Ren Williams and Alison Moore as 70's girls for second place, and Jennifer and Kevin Haggerty as a skeleton couple for 3rd place! The food was incredible, catered by Erika and Pablo Traverso's company, CP Fine Catering—they're also members of our club! This was our final Wine Down of the year, as we take a break during the holiday and rainy season. We'll pick back up in March 2025 and continue through November. Looking forward to more fun next year! - Noi Chery, JTT Director



MEET OUR NEW TENNIS PRO, TODD BARTOLOMEO



Todd Bartolomeo is a seasoned tennis professional with an impressive legacy. A standout from the start, Todd was part of the Rhode Island state team that won three high school state championships in 1985, 1986, and 1988. His prowess led him to clinch the Rhode Island State Open Championship in the 18-and-under category in 1988. Todd's coaching journey began in 1989, and he has since worked at some of the world's top tennis academies, including the prestigious Everts and Saddlebrook academies. As a former national Player Development coach for the USTA and Head Pro at Silver Creek in San Jose, California, Todd brings over 30 years of rich coaching experience. His dedication and expertise have shaped the skills and careers of countless players.

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



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!](#)

HOLIDAY TOY DRIVE

The Santa Clara County Fire Department in collaboration with Santa Clara Valley Medical Center will continue its long-standing tradition of supporting local holiday toy programs by collecting new unwrapped toy donations. During the month of December, Los Gatos Swim and Racquet Club is collecting new, unwrapped toys and gift cards at the Front Desk for children who are hospitalized during the holiday season.



SANTA CLARA COUNTY FIRE DEPARTMENT

Holiday Toy Drive

UNWRAPPED TOY DONATIONS ACCEPTED

GROUP EX

HOLIDAY MODIFIED GROUP EXERCISE SCHEDULE

TUESDAY 12/24 (CHRISTMAS EVE):

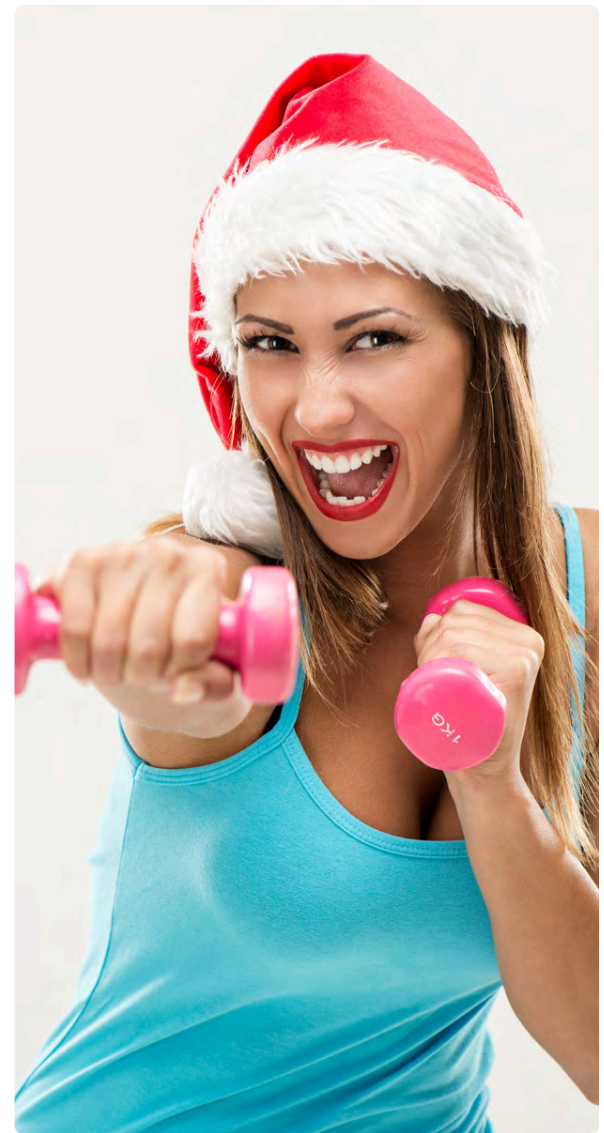
8:30AM-9:30AM "DELIGHTFUL" DANCE PARTY WITH STACY
9:45AM-11:00 AM "SUGARPLUM" STRENGTH & STRETCH WITH PATTY
12:15PM- 1:15PM "CELEBRATION" CYCLE WITH RACHEL

THURSDAY 12/26 (DAY AFTER CHRISTMAS):

8:30-9:30 AM "SLEIGH BELL" STEP WITH STACY
9:45-11:00 AM "SEASONAL" STRENGTH & STRETCH WITH PATTY
4:00-5:15 PM "GLAD TIDINGS" GENTLE YOGA WITH LIZ
12:15- 1:15 PM "CHEERFUL" CYCLE WITH RACHEL
5:30-6:25 PM "ZESTFUL" ZUMBA WITH STACY
6:30-7:30 PM "BRILLIANT" BEETS N FEETS WITH STACY

TUESDAY 12/31 (NEW YEARS EVE)

NO EVENING CLASSES.
ALL OTHER REGULAR SCHEDULED CLASSES WILL RESUME.



*Wishing you a happy holiday season and a
very happy new year!*

Patty

Lance

Lisa

Dolores

Stacy

LIZ

Makiko

Christy

Katherine

Ann

Elif

Rachel

DECEMBER 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

NEW YEAR, NEW GOALS: SETTING RESOLUTIONS THAT ACTUALLY WORK

As the new year approaches, it's natural to think about fresh starts and new opportunities. Many of us use this time to set New Year's resolutions, hoping to improve our health, fitness, relationships, or careers. But let's face it, how often do those resolutions stick?

Statistics suggest that about 38% of people set New Year's resolutions, but only 9-12% actually achieve them (Norcross et al., 2002). Most resolutions fizzle out by mid-February. The problem isn't with setting goals, it's how we set and approach them. The good news? With a solid plan, the support of a professional, and the right mindset, you can join the minority of people who make their resolutions stick.

Why Resolutions Fail

Resolutions often fail due to being vague, overly ambitious, or solely focused on outcomes. For example, common goals like "I want to lose weight" or "I want to save money" lack a clear plan for execution. According to Johansson & Rönnerberg, (2021), the absence of actionable steps often leads to a lack of progress and eventual abandonment.

How to Set Resolutions That Work: SMART Goals

The key to success is setting SMART goals. Goals that are Specific, Measurable, Achievable, Relevant, and Time-bound (Doran, 1981). This framework helps transform wishful thinking into actionable plans, making success more attainable.

For instance:

- Instead of "I want to get fit," a SMART goal could be:
- "I will work out three days a week for 30 minutes each session for the next three months."
- Instead of "I want to eat healthier," try:
- "I will prepare five home-cooked meals each week and limit eating out to once a week."



The Power of Process Goals

While outcome goals, such as losing 20 pounds or running a marathon, provide direction, they don't tell you how to get there. This is where process goals come in. Small, actionable behaviors that drive consistent progress (Johansson & Rönnberg, 2021).

For example:

- **Outcome goal:** Lose 20 pounds.
- **Process goals:**
 - Track meals five days a week.
 - Walk 10,000 steps daily.
 - Strength train three times a week.

Process goals shift the focus from results to actions, helping you build habits that lead to long-term success.

Enlist Professional Help for a Strong Start

If you've ever struggled with sticking to your resolutions or aren't sure where to begin, enlisting the help of one of our Certified Personal Trainer can make all the difference. Our trainers are here to:

- **Help you set realistic and effective goals:** We'll work with you to set SMART and process goals tailored to your needs.
- **Provide accountability:** Regular check-ins and progress tracking keep you motivated and on track.
- **Ensure efficient progress:** With expert guidance, you'll reach your goals safely and in the most time-effective way possible.

Partnering with a trainer takes the guesswork out of your fitness journey and makes success more attainable.

Tips for Sticking to Your Resolutions

1. **Start small:** Focus on one or two realistic goals instead of an overwhelming list.
2. **Find your "why":** Connect your goal to a meaningful reason, such as improving your health to enjoy more active time with family.
3. **Track progress:** Use a journal or app to monitor your steps toward the goal.
4. **Celebrate milestones:** Reward yourself for small wins to stay motivated.
5. **Be flexible:** Accept setbacks as part of the process and focus on progress rather than perfection.

A New Year, A Better You

This New Year, ditch fleeting resolutions and focus on building habits that last. By setting SMART goals, prioritizing process over outcomes, and enlisting the support of one of our Certified Personal Trainers, you'll create sustainable changes to carry throughout the year and beyond. Ready to take the first step? Book a consultation with one of our Certified Personal Trainers and make 2025 your most successful year yet!

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

References

- Doran, G. T. (1981). There's a SMART way to write management's goals and objectives. *Management Review*, 70(11), 35-36.
- Norcross, J. C., Ratzin, A. C., & Payne, D. (2002). Ringing in the new year: The change processes and reported outcomes of resolutions. *Journal of Clinical Psychology*, 58(4), 397-405.
- Johansson, J., & Rönnberg, J. (2021). The Anthropocene crisis: Perception, science, and governance. *Ambio*, 50(9), 1619-1627. <https://link.springer.com/article/10.1007/s13280-021-01619-6>

KIDS' CLUB IS EXCITED TO ANNOUNCE OUR NEW

WINTER KIDS CAMP

Our Winter Kids Camp promises days filled with laughter, learning, and the magic of the season! From 9am-2pm children Ages 3-12 will play games, do crafts, and wind down the afternoon with an age appropriate movie! A light morning snack and cheese pizza lunch are included with the price of camp. Enrollment is available per day or at a discounted rate for the entire week! Aftercare reservations are available after camp from 2pm- 5pm. Families can register for this camp in person at the front desk.

Dates

Week 1: December 23rd-27th (no camp Dec. 24th-25th)
Week 2: December 30th-January 3rd (no camp January 1st)

Pricing

MEMBER RATE

WEEK 1: \$195
WEEK 2: \$260
Daily Rate: \$80

GUESTS OF MEMBERS

WEEK 1: \$255
WEEK 2: \$340
Daily Rate: \$100

