



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



YEAR-ROUND SWIM LESSONS

At Los Gatos Swim and Racquet Club we pride ourselves in our swim lesson programs for all ages and abilities. Our goals include water safety, building confidence in the water, having fun while learning new skills, progression of those skills, learning proper technique, and more!

Private Lessons for Kids

Our trained swim instructors are passionate and friendly. They are eager to motivate your child at any level while teaching correct swim technique and safety skills.

Private Lessons for Adult & Intermediate Youth Members

Our trained coaches are available for private lessons to teach member-only adults and intermediate youth swimmers how to swim or improve their swimming skills.

Level 4 Coaches

Head Coach Shelbi, Coach Tom, Coach Nick

Member Price: \$60/25min or \$150/50min

Non-Member Price: \$80/25min or \$160/50min

Level 3 Coaches

Coach Sid and Coach Michael

Member Price: \$50/25min or \$100/50min

Non-Member Price: \$70/25min or \$140/50min

Level 2 Coaches

Coach Finn and Coach Jake

Member Price: \$45/25min or \$90/50min

Non-Member Price: \$65/25min or \$130/50min

Level 1 Coaches

LGSRC Swim Instructors & Lifeguards

Member Price: \$40/25min or \$80/50min

Non-Member Price: \$60/25min or \$120/50min

To sign up or for more information about our private swim lessons for kids or adults, visit lgsrc.captyn.com or e-mail Head Coach, Shelbi Oskolkoff-Campbell at swimlesson@lgsrc.com with any questions.

We are closed
Wednesday, January 1, 2025
Happy New Year!

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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

TENNIS

2025 USTA LEAGUE SCHEDULE

ADULT 40+ DAYTIME

JANUARY 6TH - MARCH 14TH

ADULT 40+ TRADITIONAL

JANUARY 6TH - MARCH 16TH

MIXED 18+ ADULT 65+

JANUARY 6TH - MARCH 16TH

ADULT 55+ ADULT 18+

FEBRUARY 3RD - APRIL 11TH

TRADITIONAL ADULT 18+

MARCH 17TH - MAY 25TH

DAYTIME

APRIL 7TH - JUNE 15TH

MIXED 40+

APRIL 7TH - JUNE 13TH

COMBO DOUBLES

JUNE 9TH - AUGUST 17TH

DAYTIME

AUGUST 25TH - OCTOBER 31ST

ADULT 70+ DAYTIME

AUGUST 25TH - OCTOBER 31ST

MIXED 55+

AUGUST 25TH - NOVEMBER 2ND

**COMBO DOUBLES
TRADITIONAL**

AUGUST 25TH - NOVEMBER 2ND



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!](#)



GROUP EX

YIN YOGA WITH MAKIKO



Experience a serene and restorative Yin/Restorative Yoga session with Makiko, beginning Wednesday, January 8th at 6:45 pm. This calming practice is designed to promote deep stretching, relaxation, and balance for both the body and mind. Benefit from enhanced flexibility, reduced stress, and improved mental clarity.

Yin yoga fosters increased flexibility by allowing muscles to release, creating space for deeper stretches in the hips, spine, and legs. The prolonged postures target deeper tissues that are often overlooked in other styles of yoga.

This practice not only promotes relaxation but also aids in improving sleep quality. By calming the nervous system, it helps facilitate restful sleep, making it easier to unwind and enjoy restorative rest.

Restorative yoga offers a gentle approach to reducing stress and tension. Through long-held, supported postures and mindful breathing, it activates the parasympathetic nervous system, encouraging deep relaxation and fostering a state of calm.

5 TIPS FOR MORE SLEEP THIS WINTER

Winter feels . . . sleepy. But some seasonal quirks make it hard to sleep well: Less daylight, more carbs, furnace heat, couch time. And sleep deprivation is sneaky: It can lead to memory impairment, poor job performance, even car accidents. For healthy, restful sleep in winter:

Get more light. Light tells your brain it's time to wake up. And morning light helps keep your biological clock on track. With less light during short winter days, get some light every day - especially between 6:00 and 8:30 am, when your body clock is most responsive. Best: Direct sunlight for 30+ minutes. A good substitute: Light box therapy for 20-30 minutes.

Keep the thermostat low. Your body temperature rises in the daytime and falls at night. A drop in body temperature tells your body it's time to sleep. You'll sleep better in a cool room. (Sorry, cozy blankets.) Plus, warmer air is dry, which saps your mucus membranes: uncomfortable for sleeping, plus more risk for colds and the flu.

Get some exercise. Vigorous exercise in late afternoon or evening is best: Your body temperature drops lower than normal about 4-5 hours after your workout. (Don't exercise right before bed; it stimulates your heart, muscles, and brain - just when you want them to relax.) Make it a daily routine: Take the stairs, park further away, go for a brisk walk.

Plan dinnertime. Mmm, hearty comfort food. (Heavy on carbs, hard on metabolism.) Try to eat dinner 4-5 hours before you plan to go to bed. Eat lighter: More protein, fewer carbs.

Get Zen. Pre-sleep rituals give your brain time to calm down. Turn off electronics 1-2 hours before bedtime. Take a warm bath, do some gentle yoga stretching, read (a book, not a screen). Stick to a regular sleep/wake schedule. Altering your sleep too much on weekends can reset your weekly sleep cycle, and cause trouble sleeping during the week ahead.

JANUARY 2025 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		Yin/Resotrative Makiko			
Legend	■ Strength	■ Pilates	■ Aquatics	■ Cycle	■ Yoga	■ Sculpt	■ Dance

FITNESS

START THE NEW YEAR STRONG: MAKE THIS THE YEAR YOU CRUSH YOUR HEALTH AND FITNESS GOALS

It's that time of year again, when many of us reflect on the past 12 months and set ambitious goals for the year ahead. If one of your goals for 2025 is to finally get serious about your health and fitness, we're here to help you make it happen. Whether you've tried on your own in the past and struggled to stay consistent or just need a little extra direction, this is your opportunity to start fresh with a proven plan.

Our Training staff believe that everyone deserves a strategy tailored to their unique needs and lifestyle. That's why we offer flexible training options to match your goals, experience, and schedule:

- **Monthly Programming:** Ideal for individuals who are confident working out on their own but need expert guidance and a clear roadmap. Our Certified Personal Trainers will create a customized program designed to help you achieve your specific goals. Whether that's building strength, losing weight, or increasing endurance, we'll provide you with a solid plan in hand, all you have to do is show up and put in the work.
- **Weekly 1-on-1 Training:** Perfect for those who want more hands-on support, accountability, and personalized attention. Our trainers will work with you one-on-one to guide your form, motivate you through every rep, and adjust your plan as needed to ensure steady progress.

No matter your starting point, we're here to meet you where you are and take you to the next level.

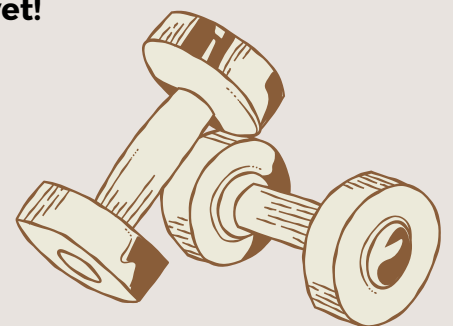
Let's face it—summer is closer than it seems. Before you know it, those warm-weather months will be here, and now is the time to lay the foundation for the results you want to see by then. Consistent effort over the next few months can make all the difference when it comes to showing off your hard-earned progress in the gym.

Our certified trainers aren't just fitness enthusiasts, they're professionals with the experience and expertise to help you reach your goals in a sustainable, effective way. We don't believe in cookie-cutter plans or temporary fixes. Instead, we focus on building lasting habits and creating a program that fits your life.

So, whether you're looking to build muscle, improve overall fitness, or finally commit to your health, our Certified staff are your partners in success.

Don't wait to get started, your future self will thank you. Reach out today to learn more about our training options and let's make 2025 your healthiest, strongest year yet!

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





Kids' Night Out
Presents...

Valentine Party

This month in Kids' Club, we've been struck by cupid! Children will have a blast making classic Valentine's day slime and play valentines day themed games! 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!**

January 31, 2025

5:00 PM-9:00 PM

Members: \$45

Guests of Members: \$55