



RACQUETEER



NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



JOIN US FOR OUR ANNUAL EASTER PARTY AND EGG HUNT!

Come celebrate Easter weekend on Saturday, April 19th with friends and family at Los Gatos Swim and Racquet Club's annual Easter Party and Egg Hunt. We will have EGG-citing activities like arts and crafts and an Easter bunny meet and greet! Snacks and beverages will also be provided.

Bring your basket, the party starts at 10am! The Egg Hunt will begin PROMPTLY AT 10:30AM. Children will be separated into groups at different locations based on their age. Children ages 0-2 and 3-5 will be on the lawn, and 6 and up will be on the playground.

Parents must be present for this family event. Sign up at the Front Desk. The cost is \$10 for children on the membership and \$15 for guests of members.

THE CLUB WILL BE CLOSED ON SUNDAY, APRIL 20, 2025 IN OBSERVANCE OF EASTER

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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



SUMMER PROGRAMS AT LGSRC

Registration for our summer programs are open! Join us for one of our fun-filled kids programs. You can enroll your children in our Kids Summer Camp, Grand Slam Junior Tennis, Summer Swim Lessons, or all three! We look forward to seeing your children become more confident, independent, and responsible as they have fun meeting new friends and learning new skills. Depending on the camp you enroll your child in, activities can include swimming, tennis, sports, arts and crafts, games, weekly field trips, and so much more! For more information, visit our website and click on the Summer Programs tab to view our summer program options. Visit our [website](#) and click on our Summer Programs tab for more info!

TENNIS

SUMMER GRAND SLAM TENNIS PROGRAM

The Summer Grand Slam Junior Tennis Program is designed for all levels of junior players. Each program has specific requirements to help participants move to the next level. 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. Complete player development is our goal. We look forward to helping each student move up through the ranks, starting with 10 and Under Prep/Red and progressing toward higher levels like Junior Performance/Junior Development. Come join us for a great summer! Sign-up in the Pro Shop. Our sessions run weekly with the first session beginning June 9th and the last session beginning August 4th. There is no camp on Friday, July 4th. Visit our [website](#) to view our brochure and learn more!



USTA LEAGUE SCHEDULE 2025

<u>USTA League</u>	<u>Sign-Ups End</u>	<u>Team Registration</u>	<u>League Season</u>
Mixed 40 and Over	5/4	4/21 – 5/19	6/9 – 8/17
Adult 70 and Over Daytime	7/13	6/23 – 7/28	8/25 – 10/31
Mixed 55 and Over	7/13	6/23 – 7/28	8/25 – 10/31
Combo Doubles Traditional	7/23	6/23 – 7/28	8/25 – 10/31
Combo Doubles Daytime	7/13	6/23 – 7/28	8/25 – 10/31



AQUATICS



YEAR-ROUND SWIM TEAM

SUMMER LEAGUE STARTS MONDAY, APRIL 28TH

Swim Club SUMMER AM WORKOUTS START MONDAY, JUNE 9TH

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!](#)



SUMMER SWIM LESSONS *SwimAmerica.*

This summer we are offering a wonderful "Learn to Swim Program" for all ages, emphasizing the adaptation to a new environment with the goal of making the transition from "non-swimmer" to "swimmer" comfortable and enjoyable. All of our lessons are taught by gentle, qualified instructors in our heated Training Pool. We have a full-range of private, semi-private, parent/tot, adult, and group lessons available. Sign up on our [website](#) or e-mail swimlessons@lgsr.com for more info. Our sessions run weekly with the first session beginning June 9th and the last session beginning August 4th. There is no camp on Friday, July 4th.

APRIL 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, April 2, 2025

Next Class: Wednesday, June 4, 2025

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.



GROUP EX

The last day to turn in March Madness punch cards is 4/14!

TRY WATER FITNESS!



As the weather starts to get a little warmer, come try out one of our Water Fitness classes offered on Monday, Wednesday, Friday, and Saturday from 10:00am - 11:00am. Why Water Fitness? Just like land-based exercise, water aerobics and swimming can be effective strategies for improving cardio fitness, building strength, boosting your mood, easing joint pain, sleeping better, and reducing your risk for diseases like heart disease, diabetes, and even cancer.

Come try Liquid Stars during our Water Fitness classes. Thanks to different holds you can focus your training on upper body and core. Suitable for shallow and deep water. We can't wait to see you in the pool!

PRIORITIZING STRENGTH TRAINING

Strength training can be likened to life insurance. Research has shown that older adults with higher muscle mass have a 19% lower risk of premature death. Muscle mass, rather than BMI, serves as the most reliable predictor of longevity, underscoring that muscle is the true currency of aging. The stronger you are, the better you age.

This insight serves as a powerful reminder for individuals of all ages to prioritize strength training as an integral component of their fitness routines. Building muscle is not only a physical achievement but an investment in long-term health and well-being.

The encouraging news is that strength training can be effectively pursued at any stage of life, with research indicating that older adults often experience more significant gains in muscle strength than their younger counterparts. "It's never too late to start," says Pamela Weibert, MS, ACSM-CEP, an exercise physiologist at Henry Ford Health.

The benefits of strength training extend beyond muscle growth, including:

- **Improved Balance and Mobility:** Strengthening core and leg muscles enhances stability and reduces the risk of falls.
- **Improved Bone Density:** Weight-bearing exercises stimulate bone growth, lowering the risk of osteoporosis and fractures.
- **Increased Energy Levels:** Stronger muscles and a more efficient metabolism can boost energy levels throughout the day.

Ultimately, strength training is an essential element of a healthy lifestyle, promoting both physical and mental well-being.



APRIL 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	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Barre Sculpt Patty LIVE & ZOOM	Pilates Mat Ann	Step & Sculpt Stacy (45 min)	
9:15AM-10:15AM						Zumba & Hip Hop Stacy LIVE & ZOOM	
9:30AM-10:30AM			Master Swim Large Pool	Zumba & Abs Stacy 75 min. LIVE & ZOOM	Master Swim 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		
10:00AM-11:00AM		Water Fitness Patty Training Pool		Water Fitness Katherine Training Pool		Water Fitness Patty Training Pool	Water Fitness Katherine Training Pool
10:30AM-12:00PM						Pilates Sculpt Plus Lisa	
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

HEALTH & FITNESS

TRY NORMATEC COMPRESSION AT LGSRC

Improve your recovery time from hard workouts and tennis matches by using NormaTec. NormaTec Compression is a cutting-edge technology that utilizes compressed air to provide targeted massage to the limbs, offering a range of benefits for recovery, performance enhancement, and alleviating discomfort associated with extended periods of standing or sitting.

NormaTec Compression is suitable for athletes and fitness enthusiasts who experience soreness, fatigue, or swelling before or after exercise. The system applies pulsating pressure to specific body parts, such as the legs, hips, or arms, depending on the area requiring treatment. By improving blood and lymphatic circulation, NormaTec Compression reduces inflammation and swelling, facilitating a faster recovery process.

One of the standout advantages of NormaTec Compression is its ability to expedite the recovery process. Many athletes and fitness enthusiasts rely on this technology to recover faster from intense workouts or competitions. By flushing out metabolic waste and toxins from the muscles, NormaTec Compression reduces inflammation and soreness. Additionally, it promotes the delivery of essential nutrients and oxygen to the muscles, aiding in their repair and growth.

NormaTec Compression also serves as a valuable tool both before and after exercise. Prior to a workout, it can be used to activate and prime the muscles. The compression technology warms up the muscles, increases blood flow, improves flexibility, and reduces the risk of injury. After exercise, NormaTec Compression minimizes muscle fatigue and soreness, allowing athletes and fitness enthusiasts to optimize their recovery.

NormaTec Compression is also an excellent solution for individuals who spend prolonged periods on their feet. It addresses common symptoms like swelling, soreness, and fatigue in the legs by improving blood flow and reducing inflammation. Just a few minutes of NormaTec Compression each day can make a significant difference in how legs feel after extended periods of sitting or standing.

The Los Gatos Swim & Racquet Club is thrilled to offer our members access to NormaTec Compression technology. Whether you are seeking accelerated recovery, enhanced performance, or relief from discomfort, NormaTec Compression can provide an array of benefits to help you achieve your goals. Join us and experience the transformative power of NormaTec Compression technology for a healthier and more active lifestyle. For more information or to book an appointment, contact Fitness Director Brian Schweitzerhof at brian@lgsr.com

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



SUMMER CAMP

Spots for our 2025 Summer Camp are already filling up quickly! During our Summer Camp your kids will explore new interests while expressing themselves and having fun with a variety of activities in our Summer Camps'.

Campers will be actively engaged in a variety of fun activities to peak their interest, taking their experience to a whole new level. Each week our campers are organized into groups that rotate through a number of daily activities, such as arts and crafts, lawn games, snack time, and a tennis lesson taught by a Tennis Assistant, until they all come together for lunch followed by free swim.

For more information about camp dates, weekly themes, and field trips, view our Summer Camp brochure on our [website](#) or call the Front Desk at (408) 356 - 2136.

SESSION WEEKS & DATES

WEEK 1	JUNE 9	WEEK 4*	JUNE 30	WEEK 7	JULY 21
WEEK 2	JUNE 16	WEEK 5	JULY 7	WEEK 8	JULY 28
WEEK 3	JUNE 23	WEEK 6	JULY 14	WEEK 9	AUG 4

*NO CAMP FIRDAY, JULY 4TH HOLIDAY

