



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



SUMMER SIGN-UPS OPEN 3/3

Sign-ups for our summer programs open Monday, March 3rd! 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.



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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

SAVE THE DATE! 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. Look out for more information in our April Newsletter!



SUMMER PROGRAMS

During our Summer Camp for ages 5-11 your kids will explore new interests while expressing themselves and having fun with a variety of activities. 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 and a refreshing treat to wind down the day. It will be a summer they will never forget! Sign up at the Front Desk.



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.

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.



SESSION WEEKS & DATES

WEEK 1 JUNE 9
WEEK 2 JUNE 16
WEEK 3 JUNE 23

WEEK 4* JUNE 30
WEEK 5 JULY 7
WEEK 6 JULY 14

WEEK 7 JULY 21
WEEK 8 JULY 28
WEEK 9 AUG 4

*NO PROGRAMS JULY 4TH HOLIDAY



ST. PATRICK'S

WINE DOWN

28
MARCH



6:30PM-
9:30PM

**JOIN US FOR
TENNIS, FOOD,
DRINKS, & FUN!**

**WITH
JEFF CERVANTES**

SIGN UP IN THE PRO SHOP

REGISTRATION: \$40

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!](#)



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

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

MARCH GROUP EXERCISE SCHEDULE CHANGE ON FRIDAY'S

8:30am - 9:15am
Step & Sculpt with Stacy

9:15am - 10:15am
Hip Hop with Stacy

10:30am - 12:00pm
Pilates Sculpt Plus with Lisa



MARCH MADNESS GROUP EXERCISE CHALLENGE!

This month-long event will provide our members with an added incentive to participate in group exercise classes. We have classes to meet each member's specific interest or provide an opportunity to explore new fitness formats. As a bonus, members will have the chance to earn guest passes, through their participation, to share with their family and friends. If you attend 12 of the group exercise classes listed below throughout the month of March, you will receive one free guest pass. You can pick up a punch card from the front desk or your instructor. Punch cards need to be turned in by Monday, April 14th to the front desk. For more information, e-mail Group Exercise Director, Patty McNulty, at patty@lgsr.com

Participating Classes

Barre Sculpt • Cardio Sculpt • Cycling • Cycle Boot Camp • Foam Rolling • Gentle Yoga • Strength & Sculpt • Pilates Mat • Pilates Sculpt Plus • Pilates Sculpt Express • Step • Strength & Stretch • Water Fitness • Yoga 4 All • Yoga Strong • Gentle Yoga • Yin Yoga • Zumba • Hip Hop • Beats n Feet



MARCH 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/Resotorative Makiko			
Legend	Strength	Pilates	Aquatics	Cycle	Yoga	Sculpt	Dance



GET THE BODY YOU WANT FOR SUMMER. WHY MARCH IS THE BEST TIME TO START YOUR FAT LOSS JOURNEY

Spring is just around the corner, and that means one thing, that summer will be here just before you know it. And if you've been thinking about getting leaner and getting the body you want for the summer, then March is the perfect time to start. Why? Because starting now will give you roughly 12 weeks to attain the body you want before summer arrives.

All too often, people come to me towards the end of May or the beginning of June wanting to get serious about losing fat for the summer. We can definitely make a lot of progress and get your looking good for the end of summer, but the reality is that that's just not enough time to achieve the full transformation that most are looking for to enjoy the whole summer.

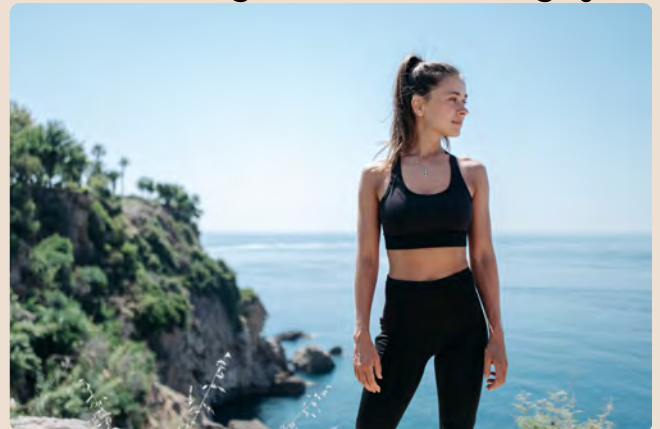
A safe and realistic fat loss goal is about 1-2 pounds per week, depending on the individual. Which means one could lose 12-24 pounds of fat within that time frame. This amount of fat loss can lead to a visually noticeable difference in body composition, revealing muscle definition and giving one a leaner, more toned appearance. But achieving that requires a smart, structured plan that prioritizes a healthy approach to fat loss while maintaining lean muscle and energy levels.

Here are 7 tips to help burn fat:

- 1. High-Protein Meals**
 - Each meal should be protein rich with food such as eggs, yogurt, and meat.
- 2. Build Muscle to Help Burn Fat**
 - Strength train 2-4 times per week helps to build lean muscle, which boosts metabolism and increase fat burning even when you're not working out.
- 3. Incorporate Aerobic Training**
 - Incline Walking at 10-20% at 2.5-3.5 mph for 30-60 minutes 3-4 times per week can improve cellular mitochondria density which can accelerate fat loss while improving cardiovascular fitness.
- 4. Maintain a 20% Caloric Deficit**
 - A small, controlled calorie deficit for 1-2 weeks, followed by maintenance, helps prevent metabolic slowdown and ensures steady fat loss.
- 5. Control Portions & Eat Until 80% Full**
 - Avoid overeating by practicing mindful eating and stopping when you're about 80% full, rather than stuffed.
- 6. Limit Refined Sugar & Processed Foods**
 - Stick to a 90% whole-food diet, minimizing processed snacks and added sugars that can spike cravings and hinder fat loss.
- 7. Limit Liquid Calories**
 - Reduce intake of juice, milk, soda, and other high-calorie beverages that can sabotage your calorie deficit without keeping you full.

Now tips are great and all, but if you're really serious about transforming your body for summer, now is the time to start. These tea strategies are a great place to start, but if you want a personalized plan that tailored to your body and goals, we're here to help. Contact me today to take the guesswork out of fat loss and make the next 12 weeks count.

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





Kids' Night Out



Wonderland

This month in Kids' Club, we're getting lost in wonderland! Children will have a blast learning magic tricks and decorating their own tea cups! We will 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!

Members



\$45

FRIDAY

March
| 28th, 2025 |

5pm-9pm

Guests



\$55

