



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



THE CLUB WILL BE OPEN FROM 7AM - 7PM ON MONDAY, MAY 26TH IN HONOR OF MEMORIAL DAY.



SUMMER PROGRAMS

Plan for an unforgettable experience this summer at one of our summer programs that begins on Monday, June 9th!

We've designed exciting, action-packed programs for kids of all ages to stay active, learn new skills, and have tons of fun while making new friends. Whether your child loves swimming, tennis, summer camp, or all three, there is something for everyone! Dive into our Summer Swim Team or Summer Swim Lesson program.

Have some adventure with our Summer Camp program, or take a shot at our Grand Slam Junior Tennis program! Spots are filling up fast—so don't wait to sign up at the Front Desk for Summer Camp, the Pro Shop for Grand Slam Junior Tennis, or our website for Swim Team or Swim Lessons.

For more information, call our Front Desk at (408) 356-2136 or visit our website.

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CLUB HOURS

Weekday Hours

Monday - Friday 5am - 10pm

Weekend Hours

Saturday and Sunday 6am - 9pm

Pro Shop Hours

Monday - Thursday 8am - 8pm

Friday - Sunday 8am - 6pm

MAY CLUB SCHEDULE

Friday, May 2, 2025

Tennis Cinco de Mayo Event with Jeff Cervantes

Saturday, May 3, 2025

Summer Weekend Hours Begin (Sat - Sun 6am - 9pm)

Friday, May 16, 2025

Summer Swim Team Welcome Pool Party & Meeting

Saturday, May 24, 2025

Dividing Board Opens (12:15pm - 6pm)

Monday, May 26, 2025

Memorial Day Holiday Club Hours (7am - 7pm)

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



SUMMER LGSC SWIM TEAM

**PRACTICE TIMES NOW THROUGH JUNE 6, 2025
MONDAY - FRIDAY**

DEVELOPMENTAL TRACK

STROKE SCHOOL (4-7) 3:00PM - 3:30PM
MINI (5-8) 3:30PM - 4:15PM
JUNIOR (9-12) 3:30PM - 4:30PM
SENIOR (13+) 5:30PM - 6:45PM

COMPETITIVE TRACK

SILVER (6-8) 4:15PM - 5:30PM
GOLD (9-12) 3:55PM - 5:30PM
PLATINUM (13+) 5:00PM - 7:00PM



**PRACTICE TIMES STARTING JUNE 9, 2025
MONDAY - FRIDAY**

DEVELOPMENTAL TRACK

STROKE SCHOOL (4-7) 10:30AM - 11:00AM
MINI (5-8) 9:30AM - 10:15AM
JUNIOR (9-12) 9:30AM - 10:30AM
SENIOR (13+) 7:00AM - 8:15AM

COMPETITIVE TRACK

SILVER (6-8) 8:15AM - 9:30AM
GOLD (9-12) 8:00AM - 9:30AM
PLATINUM (13+) 7:00AM - 8:45AM

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



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@lgsrsc.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.

JUNE 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, June 4, 2025
Next Class: Wednesday, August 6, 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

MEMORIAL DAY SCHEDULE

7:15AM CYCLING WITH DOLORES

8:30AM BARRE SCULPT WITH PATTY

9:45AM - 11:15AM PILATES SCULPT XTENDED
WITH LISA

10AM WATER FITNESS WITH PATTY

THE BENEFITS OF PILATES GROUP EX CLASSES

Enhance Strength, Balance, and Well-Being—Together

Pilates is a highly effective, low-impact workout that engages the entire body. It emphasizes core strength, improved posture, flexibility, and body awareness while remaining gentle on the joints. This makes it an excellent option for individuals of all fitness levels, including those seeking a foundational fitness program, cross-training support, or recovery from more intense activity. Participating in a Pilates class provides additional benefits beyond physical movement. Led by certified instructors, each session offers professional guidance to ensure proper technique and form. Group settings foster a sense of motivation and accountability, while also creating a supportive community that encourages consistency and enjoyment. Each class is thoughtfully designed to promote intentional movement, controlled breathing, and functional strength that translates to everyday activities. The collective energy of the group, paired with expert instruction, creates an engaging environment that supports both physical and mental well-being. In summary: Group Pilates fosters strength, balance, and resilience—helping participants feel empowered, centered, and strong from the inside out.

Explore our schedule and take part in one of six weekly Pilates classes designed to help you move with purpose and stay committed to your health goals.

-In Health, Patty McNulty, Group Ex Director

*35 years of Excellence,
Leadership, and Dedication.
Here is to another 35 years
working with you, Ann!*



MAY 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) Zumba & Hip Hop	
9:15AM-10:15AM						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-11:00AM			Strength & Stretch Patty LIVE & ZOOM		Strength & Stretch Patty LIVE & ZOOM		
9:45AM-11:15AM	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
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/Resorative Makiko			
Legend	Strength	Pilates	Aquatics	Cycle	Yoga	Sculpt	Dance



BUILDING STRONG FOUNDATIONS WITH JUNIOR WEIGHT TRAINING (JWT)

As summer approaches, it is a great time to dial in your own training and support the next generation in developing strong, healthy habits. At LGSRC, we are excited to offer Junior Weight Training (JWT), a focused program designed for youth ages 12 to 13 who are ready to take the next step in their fitness journey.

According to the Long-Term Athlete Development model, age 13 is ideal for formal, progressive strength training. At this stage, kids are physically ready to build strength, improve coordination and posture, boost confidence, and reduce the risk of injury through safe, supervised training. JWT is led by our experienced trainers, Chase Williams and Preston St. John, specializing in youth development. Each session focuses on age-appropriate movement patterns, proper lifting techniques, and safe gym practices in a supportive and fun environment. The cost is \$150 for two sessions.

Participation in JWT also opens the door to more opportunities at the club. LGSRC members must be at least 14 years old to use the fitness center independently. However, youth ages 12 to 13 who complete the JWT program are allowed to work out alongside a parent. It is a unique chance for families to build healthy habits together while spending meaningful time getting stronger.

If your child is ready to take that next step, contact Fitness Director Brian Schweitzerhof at brian@lgsrc.com or the Front Desk to schedule a JWT session.

**- 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 2 JUNE 16 (*WAITLIST ONLY*)

WEEK 3 JUNE 23

WEEK 4* JUNE 30

WEEK 5 JULY 7 (*WAITLIST ONLY*)

WEEK 6 JULY 14

*NO CAMP FIRDAY, JULY 4TH HOLIDAY

WEEK 7 JULY 21

WEEK 8 JULY 28

WEEK 9 AUG 4 (*WAITLIST ONLY*)

