



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



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](http://www.lgsrcc.com) or e-mail swimlessons@lgsrcc.com for more info. Our sessions run weekly with the first session beginning June 9th and the last session beginning August 4th. There are no swim lessons on Friday, July 4th.



IN THIS ISSUE...

Tennis.....	Page 2
Aquatics.....	Page 3
Group Exercise.....	Page 4
Group Exercise Schedule.....	Page 5
Health and Fitness.....	Page 6

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

Snack Bar

The Snack Bar will be open daily starting Saturday, June 7th from 11am - 5pm. Relax by the pool with a delicious snack, lunch, or one of our yummy fruit smoothies!



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!

Wimbledon Under the Stars

TENNIS MEMBERS ARE INVITED TO JOIN US IN ROUND ROBIN DOUBLES UNDER THE STARS! MEMBERS WILL ALSO GET TO ENJOY ENGLISH PUB FOOD. WOOD RACQUETS OPTIONAL. WHITE CLOTHING ATTIRE REQUESTED.

RSVP: SIGN UP IN THE PRO SHOP OR E-MAIL LGSRP.PROSHOP@GMAIL.COM. YOU MUST CANCEL 24 HOURS IN ADVANCE TO AVOID CHARGE.

DATE AND TIME: FRIDAY, JUNE 20, 2025 FROM 6:30PM-9:30PM

YOUR LGSRC TENNIS PRO: NOI CHERY

COST: \$40 MEMBER FEE

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!](#)

THERE WILL BE LIMITED PARKING FOR
HOME SWIM MEET DATES BETWEEN THE
HOURS OF 7AM-2PM.
PLEASE PLAN ACCORDINGLY.

HOME SWIM MEET DATES:
JUNE 7TH, JUNE 14TH, AND JUNE 21ST

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 SCHEDULE CHANGES

The following classes will now be held in the Large Pool from 10am-11am

**Water Fitness (Monday, Wednesday, Friday, Saturday)
Masters Swim (Tuesday, Thursday)**

The Saturday 10am Water Fitness class will not be held on June 7th, 14th and 21st due to swim meets. Class will resume on June 28th.



STAY STRONG THIS SUMMER: KEEP MOVING WITH GROUP EXERCISE—EVEN WITH THE KIDS AT HOME OR WHILE TRAVELING

Summer can throw off your routine, especially with kids out of school or travel plans in full swing, but it doesn't have to derail your fitness goals. In fact, it's the perfect time to stay active, connect with your community, and be a role model for your family.

Group exercise classes at Los Gatos Swim & Racquet Club are a powerful way to stay consistent. With a set schedule, built-in accountability, and the motivation of a supportive group, it's easier to prioritize your health—even during a busy summer.

Redefine your workout mindset: even when days are full, carving out time for a quick class keeps your momentum going. Whether it's an energizing morning cardio session or an evening strength class, Los Gatos Swim & Racquet Club has options to fit your summer flow.

Traveling? Stay connected with ZOOM classes and recorded sessions, available to stream anytime, anywhere. Whether you're in a hotel room, a beach house, or visiting family, all you need is a small space and a Wi-Fi connection to keep moving with your favorite instructors.

This summer, let Los Gatos Swim & Racquet Club be your anchor—whether you're attending in person or tuning in online. Stay strong, stay social, and keep showing up for your goals and your family. You've got this!



JUNE GROUP EXERCISE SCHEDULE

Water Fitness and Masters Swim will be held in the Large Pool starting on June 9th from 10am - 11am. The Saturday 10am Water Fitness class will not be held on June 7th, 14th and 21st due to swim meets. Class will resume on June 28th.

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				Zumba & Abs Stacy 75 min. LIVE & ZOOM			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 Large Pool	Master Swim Marco Large Pool	Water Fitness Katherine Large Pool	Master Swim Marco Large Pool	Water Fitness Patty Large Pool	Water Fitness Katherine Large 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

10 NUTRITION TIPS TO NOURISH YOUR BODY THIS SUMMER

Nutrition is the cornerstone of a healthy lifestyle. The foods we consume provide the essential nutrients our bodies need to function optimally, fuel our workouts, and promote overall well-being. Whether your goal is to lose weight, build muscle, or simply improve your health, paying attention to your diet is key. With this in mind, here are ten nutrition tips to help you make informed choices and nourish your body effectively:

- **Prioritize Whole Foods:** Focus on consuming whole, minimally processed foods such as fruits, vegetables, lean proteins, whole grains, and healthy fats. These foods are rich in essential nutrients and support overall health.
- **Eat a Variety of Colors:** Incorporate a diverse range of colorful fruits and vegetables into your diet. Different colors indicate different nutrients, so aim for a rainbow of produce to ensure you're getting a wide array of vitamins, minerals, and antioxidants.
- **Mindful Eating:** Practice mindful eating by paying attention to your body's hunger and fullness cues. Slow down, savor each bite, and listen to your body's signals to avoid overeating and promote a healthier relationship with food.
- **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated. Aim for at least 8-10 glasses of water daily, and adjust based on your activity level, climate, and individual needs.
- **Balance Macronutrients:** Include a balance of carbohydrates, proteins, and fats in your meals to support energy levels, muscle repair, and overall well-being. Opt for complex carbohydrates, lean proteins, and healthy fats to fuel your body effectively.
- **Watch Portion Sizes:** Be mindful of portion sizes to avoid overeating. Use smaller plates and bowls, and pay attention to recommended serving sizes to help manage your calorie intake and maintain a healthy weight.
- **Plan Ahead:** Take time to plan your meals and snacks in advance to ensure you have nutritious options available when hunger strikes. Preparing meals at home can help you control ingredients and portion sizes.
- **Limit Added Sugars:** Minimize your intake of foods and beverages high in added sugars, such as soda, candy, and processed snacks. Opt for natural sources of sweetness like fruit or choose products with no added sugars whenever possible.
- **Include Healthy Fats:** Incorporate sources of healthy fats into your diet, such as avocados, nuts, seeds, and olive oil. These fats are essential for brain health, hormone production, and nutrient absorption.
- **Listen to Your Body:** Pay attention to how different foods make you feel. Everyone's nutritional needs are unique, so experiment with different foods and eating patterns to find what works best for you.

Our Certified Nutrition Coaches Brian Schweitzerhof (Fitness Director) and Amy Nishide (Personal Trainer) are here to support you on your journey to better nutrition and overall wellness. They offer personalized nutrition assessments and guidance to help you reach your goals.

Ready to take your nutrition to the next level? Reach out to Brian or Amy to learn more about how they can support you on your journey towards better health.

Brian Schweitzerhof, Fitness Director