RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB

THANKSGIVING HOURS

Thursday, November 27, 2025
Thanksgiving Day (Club Closed)

Friday, November 28, 2025
Day After Thanksgiving (7am - 7pm)

May this day and every day be filled with love, joy and happiness.

ANNOUNCMENTS

BEGINNING NOVEMBER 1ST, SATURDAY AND SUNDAY CLUB HOURS CHANGE TO 8PM CLOSING.

SUNDAY, NOVEMBER 2ND ENDS DAYLIGHT SAVING TIME. DON'T FORGET TO SET YOUR CLOCKS BACK!

HOT TUB AND COURTS NOW OPEN!

Thank you for your patience during the recent rebuild of the hot tub and courts 5,6 and pickleball/ball machine court. We know it is inconvenient when any of the facilities are unavailable, but we are happy to report these facilities are back open and repairs have made them much improved!

IN THIS ISSUE...

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

LGSRC ANNUAL CHILDREN'S CHRISTMAS PARTY

Join Santa and the rest of the Kids' Club staff in the Group Exercise room on Saturday, December 13, 2025 from 11am-12pm for a very merry Christmas party for the whole family! We will write letters to Santa, enjoy yummy snacks, make a fun craft, and take a picture with Santa too! This is a family event, so we ask that parents stay with their children at all times. Please sign up at the Front Desk. This event is complimentary for Members and $10 for Guests of Members.

TENNIS

ADULT 40 AND OVER LEAGUE

Traditional:
League Season: January 5, 2026 - March 15, 2026
Team Registration: 11/3/25 - 12/1/25

Daytime:
League Season: January 5, 2026 - March 13, 2026
Team Registration: 11/3/25 - 12/1/25

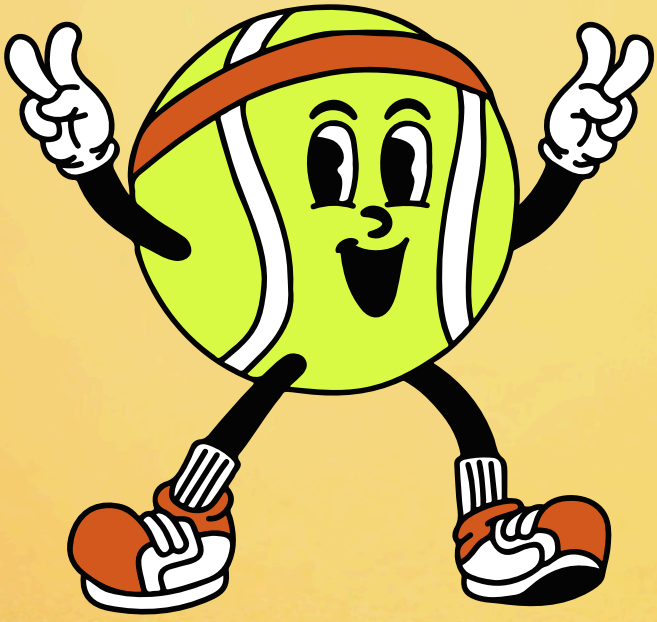
MIXED 18 AND OVER LEAGUE

League Season: January 5, 2026 - March 15, 2026
Team Registration: 11/3/25 - 12/1/25

ADULT 65 AND OVER LEAGUE

League Season: February 2, 2026 - April 10, 2026
Team Registration: 12/1/25 - 1/5/26

Our tennis events have concluded for 2025. We look forward to more events and making new memories in 2026. Happy holidays everyone!



AQUATICS

REMINDERS:
TEAM DINNER AT SUPER DUPER BURGER: 11/20
THANKSGIVING THEMED PRACTICE : 11/25
NO SWIM TEAM PRACTICE: 11/26-11/28

YEAR-ROUND SWIM TEAM

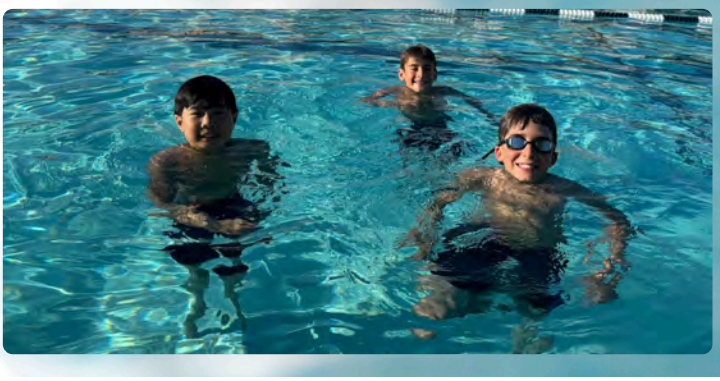
DEVELOPMENTAL TRACK
Stroke School (4-7)
Mini (5-8)
Junior (9-12)
Senior (13+)

COMPETITIVE TRACK
Silver (6-8)
Gold (9-12)
Platinum (13+)

PRACTICE TIMES MONDAY - FRIDAY
Stroke School: 3:00pm - 4:15pm
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

Los Gatos Swim Club

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!



DECEMBER 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, December 3, 2025 from 5pm-8pm in the Members' Lounge
Instructor: John Rizzi, Retired Firefighter
Price: $40 for Members & $50 for Guests of Members.
Certification is issued upon successful completion.

GROUP EX

THANKSGIVING EXERCISE SCHEDULE

Wednesday 11/26 - Evening Classes Cancelled

Thursday 11/27 - Thanksgiving - Club Closed

Friday 11/28
7:15am-8:15am Cycle with Dolores
7:30am-9:00am Master Swim with Nick
8:30am-9:45am Dance Party with Stacy
10:00am-11:00am Water Fitness with Patty
10:30am-12:00pm Pilates Sculpt Plus with Lisa

WELCOME BACK, DEBORAH ROTHSCHILD!

We are delighted to welcome back Deborah Rothschild to our team of instructors and personal trainers as a level 4 trainer.

Deborah is the creator of ToughAgers® Active Older Adult Fitness, a program dedicated to empowering adults 55+ to live healthier, more independent lives. With a Master of Science in Exercise Science (Fitness and Wellness emphasis), Deborah is a recognized leader in active aging. Since 2023, she has developed continuing education courses for fitness professionals and has been a sought-after conference presenter, sharing evidence-based strategies that elevate the standards of senior fitness.

Her approach combines innovation, accessibility, and science-based training to enhance strength, endurance, mobility, balance, and overall well-being for older adults.
Class Motto: "When the going gets tough, ToughAgers® work out!"

ToughAgers® classes feature low-impact cardio, strength, balance, core, and flexibility training, with modifications available for all fitness levels. Developed with input from older adults, the program is designed to meet their unique needs encouraging participation, enjoyment, and a sense of community.

ToughAgers® class schedule starting Monday, November 3rd:
Mondays & Fridays 1:00pm – 2:00pm - Live & Zoom

NOVEMBER GX 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		Cycle Boot Camp Dolores		Cycling Patty		Cycling 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						Hip Hop Stacy Live & Zoom	
9:30AM-10:30AM			Master Swim Marco Large Pool	Zumba & Abs Stacy (45 Min) Live & Zoom	Master Swim Marco Large Pool		Yoga 4 All Makiko
9:45AM-11:00AM			Strength & Stretch Patty Live & Zoom		Strength & Stretch Patty Live & Zoom		
9:45AM-11:15AM	Pilates Fusion Ellie	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						
1:00PM-2:00PM		ToughAgers® Deborah LIVE & Zoom				ToughAgers® Deborah LIVE & Zoom	
4:00PM-5:15PM			Gentle Yoga Ann		Gentle Yoga Liz		
5:30PM-6:30PM		Strength & Sculpt Christy	Zumba Stacy Live & Zoom	Strength and Sculpt Patty	Zumba Stacy Live & Zoom		
6:00PM-7:00PM						Yoga Srong Lance	
6:30PM-7:30PM			Cycle Stacy		Beats & Feet's Stacy		
6:45PM-7:45PM		Yoga Strong Lance		Yin/Restorative Makiko			
LEGEND	STRENGTH	PILATES	AQUATICS	CYCLE	YOGA	SCULPT	DANCE

FITNESS

NAVIGATING THE HOLIDAYS WITHOUT DERAILING YOUR HEALTH GOALS

The holidays are a special time of year—full of festive gatherings, family traditions, and, of course, plenty of delicious food. While it's easy to get swept up in the celebrations, this season doesn't have to mean pressing pause on your health and fitness journey.
Whether you're aiming to lose weight, maintain your current progress, or simply avoid the post-holiday guilt spiral, a little planning goes a long way. Here's how to stay on track and still enjoy all that November has to offer.

1. Know Your Goal
Before the holiday hustle begins, take a moment to identify what you want out of this season:

1. **Trying to Lose Weight?**
2. **Focus on mindful eating, portion control, and sticking with nutrient-dense foods that align with your calorie goals. Planning ahead can help prevent mindless indulgence.**
3. **Maintaining Your Progress?**
4. **Flexibility is your friend. Enjoy your favorite holiday dishes in moderation, but balance them with healthier choices and regular movement.**
5. **Want to Stay Mentally on Track?**
6. **Sometimes, the biggest win is simply feeling in control. Have a plan to enjoy the season mindfully—no guilt, no "all-or-nothing" thinking.**

2. Make a Plan (and Stick to It!)
Having a plan doesn't mean you can't indulge—it means you indulge with intention. Here's how to make it work:

1. **Pre-Eat Smart:**
2. **Heading to a party? Eat a balanced meal beforehand. It'll curb the urge to overindulge when you arrive hungry and surrounded by temptation.**
3. **Prioritize Protein & Veggies:**
4. **When building your plate, start with lean proteins and colorful vegetables. These nutrient-dense foods will help you feel satisfied before you reach for dessert.**
5. **Hydrate, Hydrate, Hydrate:**
6. **Drinking water throughout the day—and between alcoholic beverages—keeps you hydrated and can help prevent confusing thirst with hunger.**

You've Got This!
Remember: You don't need to be perfect to make progress. By setting your intention, creating a realistic plan, and staying mindful, you can enjoy everything this season has to offer—without sacrificing your health and wellness goals.
Let's finish the year strong—together.

KNO Presents

CULINARY

EXPERIENCE

NOVEMBER 21ST, 2025

MEMBERS: $45

GUESTS OF MEMBERS: $55

Stir up some success with us at Kids' Club this month as we discover the cultural significance of food! We will create a fun food themed craft and play a cheesy game. A cheese pizza dinner and special dessert will be enjoyed prior to settling down to watch Disney/Pixar's Ratatouille (Rated G). This event is open to children ages 2-11 years old. Families can register in person at the LGSRC front desk.