DEC 2025

RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB

HOLIDAY CLUB HOURS

Wednesday, December 24, 2025:	6:00am - 5:00pm
Thursday, December 25, 2025:	Club Closed
Wednesday, December 31, 2025	6:00am - 5:00pm
Thursday, January 1, 2026	Club Closed

Wishing you a season filled with warmth, laughter, and joy. Happy Holidays!

IN THIS ISSUE...

CLUB HOURS

Weekday Hours
Monday - Friday 5am - 10pm
Weekend Hours
Saturday and Sunday 6am - 8pm
Pro Shop Hours
Monday - Thursday 8am - 6:30pm
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.

2026 DUES INCREASE

Our goal at Los Gatos Swim and Racquet Club has always been to provide you with the highest-quality service at the most reasonable rates. Our family-owned-and-managed Club has demonstrated this commitment by continually adding new services and equipment, and enhancing facilities, since opening in 1959.

As you might imagine, the Club's operating costs have continued to significantly increase over the past several years. In order to continue to improve our facilities and provide a high level of service we are increasing dues effective January 1, 2026. The dues structure for the various types of memberships will increase by $10.00. We value your business and will continue to provide you with reliable service and a quality facility to support your health and fitness needs.

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

SANTA CLARA COUNTY FIRE DEPARTMENT HOLIDAY TOY DRIVE

SANTA CLARA VALLEY MEDICAL CENTER
Santa Clara Valley Healthcare

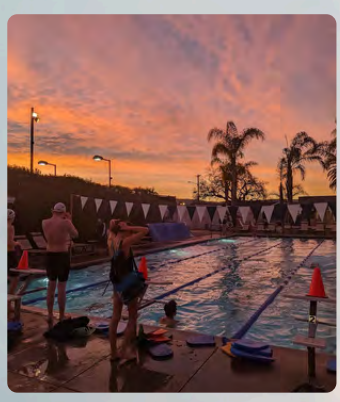
The Santa Clara County Fire Department in collaboration with Santa Clara Valley Medical Center will continue its long-standing tradition of supporting local holiday toy programs by collecting new, unwrapped toys for children who are hospitalized this holiday season.

During the month of December, Los Gatos Swim and Racquet Club will have bins at the Front Desk where you can donate to this cause. Any toy item, big or small, is appreciated. We thank you for your donation.

AQUATICS

REMINDERS:
12/19: HOLIDAY PARTY. NO PRACTICE.
12/22/25–1/2/26 HOLIDAY BREAK. NO PRACTICE.

YEAR-ROUND SWIM TEAM



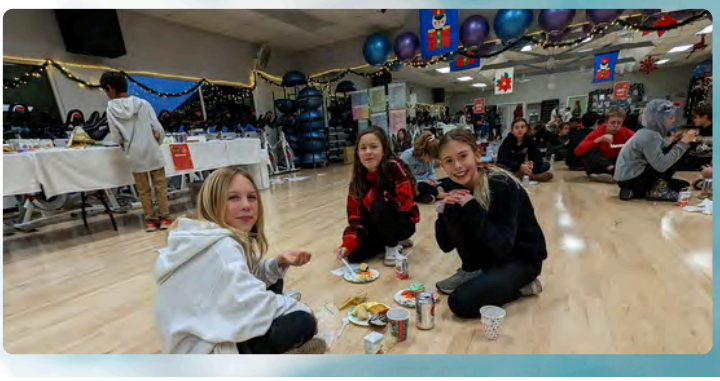
DEVELOPMENTAL TRACK
Stroke School (4-7)
Mini (5-8)
Junior (9-12)
Senior (13+)

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

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.

Happy Holidays from your Group Exercise Instructors!

Thank you for showing up, working hard, and bringing such great spirit and positivity to every class. Your energy inspires us each day, and we're grateful to share movement, laughter, and community with you. Wishing you peace, joy, and wellness this season and beyond—we can't wait to keep moving with you in the New Year!

Modified Group Ex Holiday Schedule

Saturday, December 13th: 9:30am Yoga 4 All class cancelled for our Children's Christmas Party

Friday, December 19th: 6pm Yoga cancelled for our annual swim team party

Wednesday, December 24th: 6:15am Cycle, 6:30am Master Swim, 8:30am Barre Sculpt, 9:30am Zumba, 10am Water Fitness
All Evening Classes Cancelled

Thursday, December 25th: Christmas Day – Club Closed

Friday, December 26th: Master Swim 5:30am–7:30am 7,500-yard swim

Wednesday, December 31st: 6:15am Cycle, 6:30am Master Swim, 8:30am Barre Sculpt, 9:30am Zumba, 10am Water Fitness
All Evening Classes Cancelled

Friday, January 2nd: Master Swim 5:30am–8am 10,000-yard swim

GROUP EXERCISE SOUND HEALING AND YOGA EVENT

As we look ahead to January, we're pleased to introduce additional offerings designed to support your wellness goals in the New Year. Our New Year Sound Healing and Yoga Event, scheduled for January 10th from 2:00pm–4:00pm, offers an opportunity to begin the year with intention, deep relaxation, and renewed energy. Join Ann and Grisel for a deeply nourishing and tranquil afternoon in our Sound Healing and Yoga Event. As we welcome the New Year, this special gathering invites you to reflect, reset, and embrace the energies of gratitude, renewal, and heartfelt appreciation. Begin the year with intention, connection, and a sense of peaceful possibility. Register at the front desk. Cost: $49 early bird until January 2nd, $59 thereafter.

DECEMBER 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

THE SECRET BEHIND MAKING YOUR NEW YEAR'S RESOLUTIONS LAST

Lose weight? Check. Start exercising? Check. Stop smoking? Check. It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March, or even late January may increase your anxiety.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes.

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a News Year's resolution:

Start small
Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time
Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it
Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up
Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

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