RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB

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

YEAR-ROUND SWIM LESSONS

At Los Gatos Swim and Racquet Club we pride ourselves in our swim lesson programs for all ages and abilities. Our goals include water safety, building confidence in the water, having fun while learning new skills, progression of those skills, learning proper technique, and more!

Private Lessons for Kids
Our trained swim instructors are passionate and friendly. They are eager to motivate your child at any level while teaching correct swim technique and safety skills.

Private Lessons for Adult & Intermediate Youth Members
Our trained coaches are available for private lessons to teach member-only adults and intermediate youth swimmers how to swim or improve their swimming skills.

Level 4 Coaches
Coach Tom and Coach Nick
Member Price: $55/30min or $110/60min
Non-Member Price: $75/30min or $150/60min

Level 3 Coach
Coach Michael
Member Price: $100/60min
Non-Member Price: $75/60min

Level 1 Coach
Coach Kyle
Member Price: $42.50/30min or $85/60min
Non-Member Price: $62.50/30min or $125/60min

To sign up or for more information about our private swim lessons for kids or adults, visit lgsrc.captyn.com or e-mail Head Coach, Shelbi Oskolkoff-Campbell at swimlesson@lgsrc.com with any questions.

TENNIS
NORCAL ADULT LEAGUE CALENDAR

Adult 40 & Over: January 5th - March 15th

Adult 40 & Over Daytime: January 5th - March 13th

Mixed 18 & Over: January 5th - March 15th

Adult 65 & Over Daytime: February 2nd - April 10th

Adult 55 & Over: March 16th - May 24th

Adult 18 & Over: April 6th - June 14th

Adult 18 & Over Daytime: April 6th - June 12th

Mixed 40 & Over: June 8th - August 16th

Adult 70 & Over Daytime: August 24th - October 30th

Mixed 55 & Over: August 24th - November 1st

Combo Doubles: August 24th - November 1st

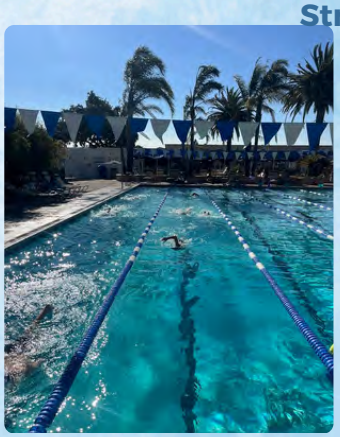
Combo Doubles Daytime: August 24th - October 30th

For full calendar details, visit the USTA NorCal Adult League Calendar by clicking here.

AQUATICS

REMINDER
SWIM TEAM RETURNS TO THE POOL ON MONDAY, JANUARY 5, 2026!

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!

FEBRUARY 2026 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, February 4, 2026 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

Sound Healing and Yoga Nidra Event

Join us for a deeply nourishing and tranquil afternoon in our Restorative with Sound Healing and Yoga Nidra Event with Ann and Grisel. 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: $59 for both Member and Non-Member.

GROUP EX UPDATE:
INSTRUCTOR CHANGE: SATURDAY YOGA WITH CHRISTY LI

Our Saturday yoga class will now be led by Christy Li, a seasoned fitness and yoga professional with over 25 years of experience helping adults achieve their wellness goals. Christy holds a 500-hour Yoga Teacher Certification and is passionate about empowering individuals to prioritize self-care in a way that feels supportive, accessible, and sustainable. She believes each participant is the expert of their own body and life, and she teaches through encouragement, motivation, and education. A lifelong learner, Christy maintains multiple certifications, regularly attends workshops, and stays current with the latest fitness and wellness research through continuing education, podcasts, and reading. Known for her light, upbeat energy, Christy creates a welcoming, safe, and enjoyable environment where students feel supported and inspired to make positive, lasting changes.

TOUGHAGERS® MUSCLE CLASSES
WEDNESDAY CLASS ADDED!

We are excited to enhance our senior fitness programming with ToughAgers® Muscle Classes, offered every Wednesday from 1:00–2:00pm with Deborah Rothschild. These safe, effective strength-training sessions are thoughtfully designed to support healthy aging and promote long-term independence. Staying active becomes increasingly important as we age. Regular movement helps maintain muscle mass, improve balance, support bone health, and enhance joint mobility—all of which contribute to better functional movement and a reduced risk of falls. Strength training plays a key role in keeping older adults strong, confident, and able to continue doing the daily activities they enjoy. Each ToughAgers® class includes a gentle warm-up, dynamic stretching, and full-body strength exercises using dumbbells and resistance bands. The session concludes with standing flexibility to promote mobility, aid recovery, and help prevent injury. The goal is to build strength and resilience in a supportive environment tailored to the needs of active older adults. For your convenience, the class will be offered both in person and on ZOOM, making it easy to stay committed to your health and wellness wherever you are. ToughAgers® classes are offered on Monday, Wednesday and Friday from 1:00-2:00pm.

January Group Ex 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 Christy Li
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		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

NEW IN THE NEW YEAR: SMALL GROUP CIRCUIT TRAINING WITH DEBORAH

Want a quick workout that builds strength, cardio, and conditioning? Join Deborah Rothschild for Small Group Circuit Training, a dynamic, full-body class to keep you moving and progressing.

What is Small Group Circuit Training?
This instructor-led circuit training class moves you through a series of exercise stations with minimal rest, combining:

- **Strength training**
- **Cardiovascular conditioning**
- **Balance and stability**
- **Core work**

Each session is thoughtfully structured to keep workouts engaging while supporting consistent progress.

Who is it for?
This class is open to adults of all fitness levels, from beginners to experienced exercisers. Every station includes modifications and progressions so participants can train at the intensity that's right for them.

When and where?
Thursdays from 8:30am – 9:20am
Outdoor Fitness Area

Pricing & Class Size
This program follows a small group training model to ensure high-quality coaching and individual attention.

- **Class size is 4-8 participants**
- **$40 per person**
- **If the participant level goes below 4, pricing will change to single, duo or trio training rates; based on the number of participants**

To ensure accurate pricing, participants confirm attendance 48 hours in advance. Final per-session rates are set and shared 24 hours before each session.

Ready to get started? Take the first step and join the class!
E-mail Deborah at deborah_rothschild@me.com

KNO Presents

New Years Bash

January 30 , 2026

5:00-9:00pm

Members: $45

Guests of Members: $55

Start off the New Year right! Join us this month in Kids Club to celebrate the new year. Kids will complete a New Year's Wish craft and play an entertaining game. Children will enjoy a cheese pizza dinner and special treat before winding down to watch Disney's Wish (Rated PG). This event is open to children aged 2-11 years old. Families can register for the event at the LGSRC front desk.