



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



SUMMER PROGRAMS 2026

Sign-ups for our summer programs open on Sunday, March 1st! Join us for one of our fun-filled kids programs. You can enroll your children in our Kids Summer Camp, Grand Slam Junior Tennis, Summer Swim Lessons, or all three! We look forward to seeing your children become more confident, independent, and responsible as they have fun meeting new friends and learning new skills. Depending on the camp you enroll your child in, activities can include swimming, tennis, sports, arts and crafts, games, weekly field trips, and so much more! We will e-mail brochures with more information later this month!



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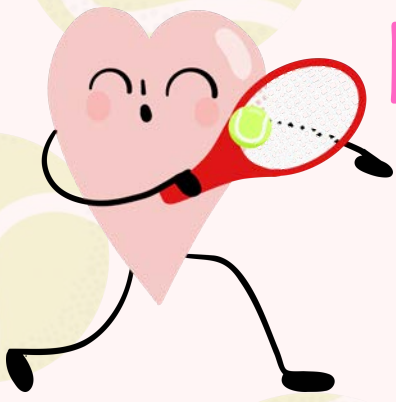
CLUB HOURS

Weekday Hours
 Monday - Friday 5am - 10pm

Weekend Hours
 Saturday and Sunday 6am - 8pm

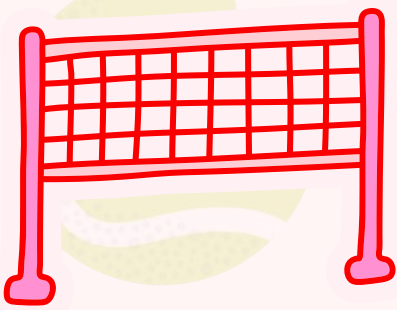
Pro Shop Hours
 Monday - Thursday 8am - 6:30pm
 Friday - Sunday 8am - 6pm





Let's Play Tennis!

Valentine's
Wine Down
Mixer
with Jeff



FRIDAY
FEB.
27TH

Registration: \$45
Sign Up in the Pro Shop

6:00PM -
9:30PM

Celebrate the weekend with an evening of tennis, wine, and great company at our Valentine's Wine Down on Friday, February 27, 2026, from 6pm-9:30pm. Whether you're coming with a partner or friends, enjoy a relaxed, social night on the courts with a festive Valentine's vibe. A perfect way to mix tennis, wine, and a little Valentine's fun—spots are limited, so be sure to sign up early!

AQUATICS

COACHES FINN LOWENBERG AND JAKE JEPSON POSE WITH THE FIRST-PLACE TROPHY AFTER LOS GATOS SWIM CLUB'S DIVISION WIN AT THE BRIAN MALICK MEET

The Los Gatos Swim Club kicked off the 2026 season in style, earning first place in the 3rd division at the Brian Malick Meet in January. It was an outstanding weekend, with every swimmer improving in at least one event, and many improving across nearly all of their races. Several swimmers earned medals in their respective events, including Daniel Gerasimov, Jace Gordon, Braydon Gordon, Maddox Merz, Avery Rushatankankovit, and Aiden Lin, helping propel the team to victory!

Beyond the strong individual performances, the weekend was a great opportunity for team bonding, as teammates came together to cheer one another on throughout the meet. A major milestone was also achieved when Dohjin Park, Jace Gordon, Maddox Merz, and Mathew Merz competed in a freestyle relay, the first relay in Los Gatos Swim Club history at a USA Swimming meet, putting a perfect cap on the weekend!

Congratulations to all swimmers who competed: Daniel Gerasimov; Aiden and Evie Lin; Braydon, Jace, and Penny Gordon; Avery Rushatankankovit; Maddox, Mathew, and Melia Merz; Landon Cheng; Miles Basseri; Dohjin Park; and Renee Rathod for their outstanding performances!



WELCOME COACH TOM ZIMLICH INTERIM MASTERS SWIM COACH

We are pleased to welcome Coach Tom as the Interim Masters Swim Coach, leading workouts on Tuesdays and Thursdays from 9:30am-10:30am. Coach Tom brings extensive experience from LGSRC, where he has coached the competitive swim team and provided private swim instruction.

With more than 25 years of coaching experience in swimming, cycling, and running, Coach Tom has successfully trained hundreds of triathletes to prepare for and complete their endurance events. As a Certified Personal Trainer and Pilates Instructor, he incorporates principles of strength, movement efficiency, and injury prevention to support both performance and longevity in the water.

Members are encouraged to join Coach Tom for a Masters swim workout on Tuesdays and Thursdays from 9:30am-10:30am, or to connect with him on deck with any questions.



GROUP EX

BRING A GUEST FREE TO CYCLING CLASSES 2/8 - 2/14



In recognition of Heart Health Month, members are encouraged to prioritize cardiovascular wellness through movement!

During the week of February 8-14, Members are invited to bring a guest at no cost to any cycling class. Cycling is one of the most effective ways to strengthen the heart, improve cardiovascular endurance, and support overall heart health. Sharing a ride with a guest is a simple and motivating way to focus on heart-healthy habits together.

ARM BALANCES YOGA CLASS WITH LANCE WALDSMITH FRIDAY, FEBRUARY 27TH FROM 6PM-7PM

Join Lance Waldsmith for a thoughtfully structured arm balance class designed for practitioners of all levels. This class will explore the foundations of arm balances with an emphasis on building functional strength, core stability, and mindful alignment, while cultivating confidence and body awareness.

Through clear, step-by-step instruction, participants will learn accessible techniques for approaching arm balances safely and effectively. Modifications and progressive options will be offered to support beginners while providing depth and challenge for more experienced students. Expect a focused, engaging practice that encourages exploration, strength, and a sense of play. No prior experience with arm balances is required.



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.

February 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 Tom Large Pool	Zumba & Abs Stacy (45 Min) Live & Zoom	Master Swim Tom 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 Strong Lance	
6:30PM-7:30PM			Cycle Stacy		Beats & Feet's Stacy (45 Min)		
6:45PM-7:45PM		Yoga Strong Lance		Yin/Restorative Makiko			
LEGEND	STRENGTH	PILATES	AQUATICS	CYCLE	YOGA	SCULPT	DANCE



FITNESS

FOCUS ON CARDIOVASCULAR HEALTH IN FEBRUARY

February is American Heart Month, making it the perfect time to focus on cardiovascular health. Heart health is often equated with cardio exercise alone; however, research in exercise physiology and preventive health indicates that cardiovascular wellness depends on several interconnected factors. A healthy cardiovascular system is supported not only by aerobic exercise but also by maintaining adequate muscle mass, effectively regulating blood sugar and energy use, and exercising at intensities appropriate to an individual's physiological capacity, all of which can be achieved through strength training.

Regular strength training has been shown to improve blood pressure, enhance insulin sensitivity, support healthy cholesterol levels, and improve circulation. Muscle tissue helps regulate blood sugar and energy demands throughout the day, which reduces overall strain on the cardiovascular system. Over time, this contributes to improved heart efficiency and long-term cardiovascular resilience.

Another common limitation in many exercise programs is reliance on generalized heart-rate formulas and standardized cardio prescriptions. These approaches assume that everyone responds to exercise similarly, when in reality, there is wide individual variation. People differ in how they utilize fat and carbohydrates for fuel, how quickly fatigue develops, and how their cardiovascular systems adapt to physical stress. When training intensity is poorly matched to the individual, progress can stall, recovery can suffer, or unnecessary strain may be placed on the body.

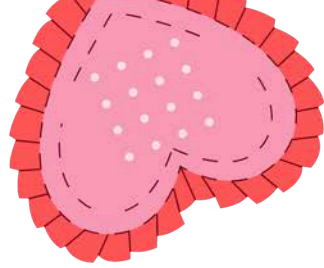
For those interested in a more individualized understanding of their cardiovascular response to exercise, metabolic testing can provide useful insights. Metabolic testing allows direct measurement of oxygen use and training thresholds, helping refine exercise intensity rather than relying solely on estimates. When used appropriately, this information can help guide cardiovascular training with greater precision.

Personal Training and structured programming further support these principles by ensuring that strength training, conditioning, and recovery are balanced over time. Proper execution of exercise, appropriate progression, and attention to breathing and workload all contribute to cardiovascular efficiency and long-term health.

This American Heart Month, consider thinking beyond simply "doing more cardio." A comprehensive approach that includes strength training, appropriate intensity, and thoughtful progression better supports heart health across the lifespan. Members who are curious about individualized assessment or coaching options are welcome to speak with our training staff to learn more.

Your heart benefits most from a plan grounded in physiology, consistency, and sound training principles.

For additional information on metabolic testing or personal training services, please contact Fitness Director, Brian Schweitzerhof.



LGSRC KNO Presents

Kids' Valentine's Party

Friday, February 27, 2026

5:00pm-9:00pm

Members: \$45/child

Guests of Members: \$55/child

Celebrate with us this month in Kids Club. We will play an adorable Valentine's themed scavenger hunt and complete a cute craft. A cheese pizza dinner and special dessert will be enjoyed prior to settling down to watch Disney's animated movie, The Little Mermaid (rated G). This event is open to children ages 2-11 years old. Families can register in person at the LGSRC Front Desk.

