



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



The Club will be closed on Sunday, April 5th in observance of Easter. We hope you enjoy time with family and friends!



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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

JOIN US ON 4/4 FOR OUR ANNUAL EASTER PARTY AND EGG HUNT

Come celebrate Easter weekend on Saturday, April 4th with friends and family at Los Gatos Swim and Racquet Club's annual Easter Party and Egg Hunt. We will have EGG-citing activities like **face painting**, **arts and crafts**, and a **visit from the Easter bunny!** Light snacks and beverages will also be provided.

Bring your basket, the party starts at 10am! **The Egg Hunt will begin PROMPTLY at 10:30am.** Children will be separated into different groups based on their age range.

Parents must be present for this family event. **Sign up at the Front Desk.** The cost is \$10 for children on the membership and \$15 for guests of members.





TENNIS

SUMMER GRAND SLAM TENNIS PROGRAM (6/8 - 8/7)

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. Visit our [website](#) to view our brochure.



USTA LEAGUE SCHEDULE 2026

<u>USTA League</u>	<u>Team Registration</u>	<u>League Season</u>
Mixed 40 & Over	4/20 – 5/18	6/8 – 8/16
Adult 70 & Over Daytime	6/22 – 7/27	8/24 – 10/30
Mixed 55 & Over	6/22 – 7/27	8/24 – 10/30
Combo Doubles	6/22 – 7/27	8/24 – 10/30
Combo Doubles Daytime	6/22 – 7/27	8/24 – 10/30

To view the full 2026 USTA adult league calendar and for more information, visit the [USTA NorCal website](#).



AQUATICS

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+)

FIRST PRACTICE
FOR SUMMER
LEAGUE IS
MONDAY, 4/27!

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



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!](#)

SUMMER SWIM LESSONS 2026 (6/8 - 8/7)

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, [view our brochure](#), or e-mail swimlessons@lgsr.com for more info.



APRIL 2026 CPR CLASS AT LGSRC

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, April 1, 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

APRIL SOUND HEALING EVENT



Spring invites us to awaken stretching toward renewal, clarity, and purposeful growth. Rooted in the energy of the Wood element, this season encourages flexibility and strength physically, mentally and emotionally. It's also a time to support the Liver and Gallbladder energy pathways (meridians), which help us move through life with vision, direction, and compassion.

Join Ann and Grisel on Saturday, April 18th from 3pm-5pm for a special Yin Yoga class that harmonizes body and mind with the energy of Spring. Through gentle, long-held poses paired with live sound healing instruments, you'll gently release stagnation, nourish your inner landscape, and restore emotional balance.



The experience concludes with a guided Yoga Nidra meditation to seal in the benefits of your practice and plant seeds of growth and renewal in a compassionate way. No experience is needed, just a willingness to slow down, soften, and reconnect with your inner strength.

Register at the Front Desk. Cost: \$59 early bird until 4/10. \$69 thereafter.

SPRING INTO MOVEMENT

April is the perfect time to refresh your fitness routine. As the days grow longer and the weather warms up, it's a great opportunity to bring new energy into your workouts and explore different ways to move your body.

Our Group Exercise program offers something for everyone, whether you're looking to build strength, improve flexibility, boost your cardio, or simply have fun while staying active. From high-energy dance and cycling classes to Pilates, yoga, strength, and sculpt, each format brings its own unique benefits. If you've been sticking to the same class each week, consider using April as your chance to branch out. Trying a different format can challenge your body in new ways, improve overall fitness, and keep your workouts exciting.

You might discover that you love the calming focus of yoga, the core strengthening benefits of Pilates, or the motivating rhythm of a dance fitness class. And if you're looking for a low-impact option, our aquatics classes provide an excellent workout that's easy on the joints while still delivering great results.

Group exercise is about more than just a workout. It's about community, encouragement, and the energy that comes from moving together. Our instructors are here to support you, motivate you, and help you get the most out of every class.

So, this April, challenge yourself to try something new. Step into a different studio, jump into a new class, and discover just how fun fitness can be. We look forward to seeing you in class!

For more information about our class offerings please contact Patty McNulty at patty@lgsr.com.

April 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-10:45AM	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

MAKE THE MOST OUT OF YOUR GYM SESSIONS THIS SPRING SEASON

With spring officially here, the "hibernation" phase of winter is over. It's the perfect time to trade the heavy layers for gym gear and revitalize your routine. Whether you're returning after a break or looking to sharpen your current results, here is a blueprint for making the most of your gym sessions this season.

1. Prioritize Compound Movements

If you want to see efficient changes in strength and body composition, focus on exercises that work multiple muscle groups at once. These "bang-for-your-buck" movements burn more calories and build a functional foundation.

- **Lower Body:** Squats, lunges, and deadlifts.
- **Upper Body:** Push-ups, overhead presses, and rows.
- **Integration:** Aim to include at least two of these in every strength session.

2. Master the "Incline Power Walk"

High-intensity sprinting isn't the only way to improve cardiovascular health. Walking at a steep incline is a highly effective, low-impact way to build endurance and burn energy without the joint stress of running.

- **The Setup:** Set the treadmill to an incline of 8% to 12%.
- **The Pace:** Maintain a brisk walk (3.0–3.5 mph) where you can breathe deeply but can't easily hold a long conversation.
- **The Duration:** Aim for 20–30 minutes post-workout.

3. The 80/20 Rule of Nutrition

Spring fitness is often won in the kitchen. To support your gym efforts, focus on a high-protein approach to keep you satiated and help your muscles recover.

- **Protein:** Lean meats, Greek yogurt, or plant-based legumes at every meal.
- **Hydration:** Increase water intake as the weather warms up (aim for 2–3 liters).
- **Balance:** Eat whole foods 80% of the time; leave 20% for the treats you enjoy.

4. Increase Your "NEAT"

Non-Exercise Activity Thermogenesis (NEAT) refers to the energy expended for everything we do that is not sleeping, eating, or sports-like exercise. As the days get longer, look for ways to move outside the gym:

- Take the stairs instead of the elevator.
- Park further away from the store entrance.
- Take a 10-minute "sunlight walk" during your lunch break.

Audit Your Progress

Don't just guess—track your lifts and your nutrition for two weeks to see where you actually stand. Consistency is the only "secret" to results.

SUMMER CAMP

Spots for our 2026 Summer Camp are already filling up quickly! During our Summer Camp your kids will explore new interests while expressing themselves and having fun with a variety of activities in our Summer Camps.

Campers will be actively engaged in a variety of fun activities to peak their interest, taking their experience to a whole new level. Each week our campers are organized into groups that rotate through a number of daily activities, such as arts and crafts, lawn games, snack time, and a tennis lesson taught by a Tennis Assistant, until they all come together for lunch followed by free swim.

For more information about camp dates, weekly themes, and field trips, view our Summer Camp brochure on our [website](#) or call the Front Desk at (408) 356 - 2136.

SESSION WEEKS & DATES

WEEK 1	JUNE 8	WEEK 4	JUNE 29	WEEK 7	JULY 20
WEEK 2	JUNE 15	WEEK 5	JULY 6	WEEK 8	JULY 27
WEEK 3	JUNE 22	WEEK 6	JULY 13	WEEK 9	AUG 3

