



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



SUMMER SWIM LESSONS

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](http://www.lgsrc.com) or e-mail swimlessons@lgsrc.com for more info. Our sessions run weekly with the first session beginning June 8th and the last session beginning August 3rd.



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CLUB HOURS

Weekday Hours

Monday - Friday 5am - 10pm

Weekend Hours

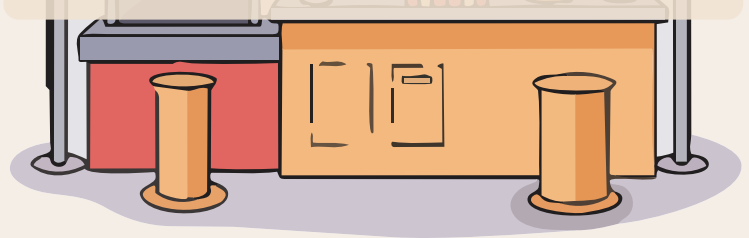
Saturday and Sunday 6am - 9pm

Pro Shop Hours

Monday - Sunday 8am - 6:30pm



THE SNACK BAR WILL BE OPEN DAILY STARTING SATURDAY, JUNE 6TH FROM 11AM - 5PM. RELAX BY THE POOL WITH A DELICIOUS SNACK, LUNCH, OR ONE OF OUR YUMMY FRUIT SMOOTHIES!



TENNIS

Wimbledon Under the Stars

JOIN US ON FRIDAY, JUNE 26TH FROM 6:00 PM – 9:30 PM FOR A WIMBLEDON-
THEMED EVENING OF TENNIS, FOOD, AND FUN!

WE'LL KICK THINGS OFF WITH THREE ROUNDS OF TENNIS INSPIRED BY THE SPIRIT OF
WIMBLEDON, FOLLOWED BY A RELAXING WINE DOWN WITH DELICIOUS FOOD,
REFRESHING DRINKS, AND GREAT COMPANY. COME DRESSED IN YOUR BEST
WIMBLEDON WHITES IF YOU'D LIKE, AND GET READY FOR AN EVENING OF FRIENDLY
COMPETITION AND SUMMER VIBES ON AND OFF THE COURT.
TENNIS. WINE. WIMBLEDON VIBES. WHAT MORE COULD YOU NEED?

RSVP: SIGN UP IN THE PRO SHOP OR E-MAIL PROSHOP@LGSRC.COM. YOU MUST CANCEL 24
HOURS IN ADVANCE TO AVOID CHARGE.

DATE AND TIME: FRIDAY, JUNE 26, 2026 FROM 6PM-9:30PM

COST: \$45

SUMMER GRAND SLAM TENNIS PROGRAM

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! Our sessions run weekly with the first session beginning June 8th and the last session beginning August 3rd. Visit our [website](#) to view our brochure and learn more or sign up in the Pro Shop!



AQUATICS



SUMMER LGSC SWIM TEAM

PRACTICE TIMES NOW THROUGH JUNE 5, 2026
MONDAY - FRIDAY

DEVELOPMENTAL TRACK

STROKE SCHOOL (4-7) 3:00PM - 3:30PM
MINI (5-8) 3:30PM - 4:15PM
JUNIOR (9-12) 3:30PM - 4:30PM
SENIOR (13+) 5:30PM - 6:45PM

COMPETITIVE TRACK

SILVER (6-8) 4:15PM - 5:30PM
GOLD (9-12) 3:55PM - 5:30PM
PLATINUM (13+) 5:00PM - 7:00PM



PRACTICE TIMES STARTING JUNE 8, 2026
MONDAY - FRIDAY

DEVELOPMENTAL TRACK

JUNIOR (9-12) 9:30AM - 10:30AM
MINI (5-8) 9:30AM - 10:15AM
STROKE SCHOOL (4-7) 10:30AM - 11:00AM

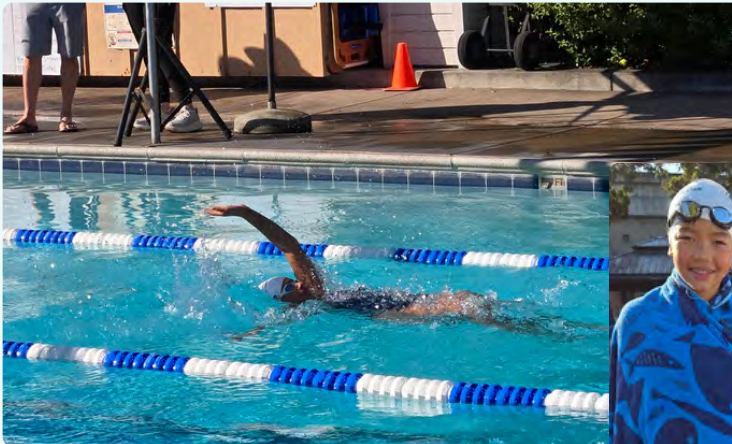
COMPETITIVE TRACK

PLATINUM & SENIOR (13+) 7:00AM - 9:00AM
GOLD (9-12) 8:00AM - 9:30AM
SILVER (6-8) 8:15AM - 9:30AM

AFTERNOON SCHEDULE (MON - THURS)

STROKE SCHOOL (4-7) 4:30PM - 5:00PM

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](#)!



GROUP EX

GROUP EX SCHEDULE CHANGES

- On Thursday, June 25th the 12:30pm Cycle class will be held earlier from 11:30am-12:30pm.
- The Sunday Slow Flow class has been extended to 75 min and will now meet from 8:30-9:45am.
- The Sunday 9:45am Pilates Fusion class has been discontinued.
- The 10am-11am Water Fitness will be held in the large pool starting Monday, June 8th.

Remind App Updates & Announcements

To receive group exercise updates and announcements through the Remind App, please contact Patty McNulty, Group Exercise Director, at patty@lgsr.com.

SUMMER STRONG: STAY ACTIVE, HEALTHY & ENERGIZED THIS SEASON

Summer is the perfect time to refresh your routine and enjoy all the benefits of staying active. Longer days, warmer weather, and extra sunshine can help boost energy, improve mood, and motivate us to keep moving. Whether you are heading out on vacation, spending time with family, or simply enjoying the season, maintaining an active lifestyle is one of the best ways to feel your best all summer long.

Keep Moving! Regular exercise helps maintain strength, flexibility, balance, and cardiovascular health. Even if your summer schedule changes, try to stay consistent with movement throughout the week. Group fitness classes are a great way to stay motivated, connected, and accountable while having fun. In addition to your favorite classes, summer is also a wonderful time to swim or enjoy water exercise, bike with friends or family, stretch outdoors, try a new fitness format, and stay active while traveling to name a few. Remember, every bit of movement counts!

Stay Hydrated! Warmer temperatures mean our bodies need more fluids. Be sure to drink water before, during, and after exercise, especially during outdoor activities. Proper hydration helps improve energy levels, recovery, and overall performance. Quick hydration tips include carrying a reusable water bottle, adding fresh fruit for flavor, limiting sugary drinks, and increasing fluids, especially on hot days!

Listen to Your Body! Summer schedules can become busy, so it is important to balance activity with recovery. Prioritize quality sleep, stretching, and rest days when needed. Recovery is just as important as the workout itself.

Make Wellness Social! Fitness is more enjoyable when shared with others. Invite a friend to class, or encourage family members to stay active with you this summer. A supportive fitness community can help keep motivation high.

Enjoy the Season! Wellness is not about perfection, it is about creating healthy habits that help you feel strong, confident, and energized year-round. This summer, focus on consistency, movement, hydration, and enjoying the process.

Here's to a healthy, active, and strong summer season!

JUNE GROUP EXERCISE SCHEDULE

*Water Fitness will be held in the Large Pool starting on June 8th from 10am - 11am.

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-9:45AM	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 Sculpt Plus Lisa					
10:00AM-11:00AM		*Water Fitness Patty Large Pool		*Water Fitness Katherine Large Pool		*Water Fitness Patty Large Pool	*Water Fitness Katherine Large 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 (45 Min)		
6:45PM-7:45PM		Yoga Strong Lance		Yin/Restorative Makiko			
LEGEND	STRENGTH	PILATES	AQUATICS	CYCLE	YOGA	SCULPT	DANCE



FITNESS

10 NUTRITION TIPS TO NOURISH YOUR BODY THIS SUMMER

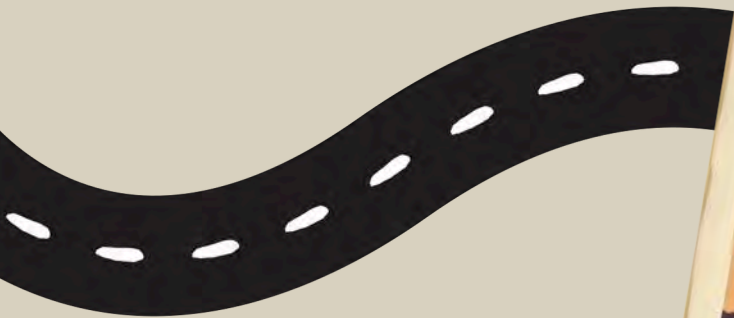
Nutrition is the cornerstone of a healthy lifestyle. The foods we consume provide the essential nutrients our bodies need to function optimally, fuel our workouts, and promote overall well-being. Whether your goal is to lose weight, build muscle, or simply improve your health, paying attention to your diet is key. With this in mind, here are ten nutrition tips to help you make informed choices and nourish your body effectively:

- **Prioritize Whole Foods:** Focus on consuming whole, minimally processed foods such as fruits, vegetables, lean proteins, whole grains, and healthy fats. These foods are rich in essential nutrients and support overall health.
- **Eat a Variety of Colors:** Incorporate a diverse range of colorful fruits and vegetables into your diet. Different colors indicate different nutrients, so aim for a rainbow of produce to ensure you're getting a wide array of vitamins, minerals, and antioxidants.
- **Mindful Eating:** Practice mindful eating by paying attention to your body's hunger and fullness cues. Slow down, savor each bite, and listen to your body's signals to avoid overeating and promote a healthier relationship with food.
- **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated. Aim for at least 8-10 glasses of water daily, and adjust based on your activity level, climate, and individual needs.
- **Balance Macronutrients:** Include a balance of carbohydrates, proteins, and fats in your meals to support energy levels, muscle repair, and overall well-being. Opt for complex carbohydrates, lean proteins, and healthy fats to fuel your body effectively.
- **Watch Portion Sizes:** Be mindful of portion sizes to avoid overeating. Use smaller plates and bowls, and pay attention to recommended serving sizes to help manage your calorie intake and maintain a healthy weight.
- **Plan Ahead:** Take time to plan your meals and snacks in advance to ensure you have nutritious options available when hunger strikes. Preparing meals at home can help you control ingredients and portion sizes.
- **Limit Added Sugars:** Minimize your intake of foods and beverages high in added sugars, such as soda, candy, and processed snacks. Opt for natural sources of sweetness like fruit or choose products with no added sugars whenever possible.
- **Include Healthy Fats:** Incorporate sources of healthy fats into your diet, such as avocados, nuts, seeds, and olive oil. These fats are essential for brain health, hormone production, and nutrient absorption.
- **Listen to Your Body:** Pay attention to how different foods make you feel. Everyone's nutritional needs are unique, so experiment with different foods and eating patterns to find what works best for you.

Our Certified Nutrition Coaches Brian Schweitzerhof (Fitness Director) and Amy Nishide (Personal Trainer) are here to support you on your journey to better nutrition and overall wellness. They offer personalized nutrition assessments and guidance to help you reach your goals.

Ready to take your nutrition to the next level? Reach out to Brian or Amy to learn more about how they can support you on your journey towards better health.

Brian Schweitzerhof, Fitness Director



**KIDS' NIGHT OUT
PRESENTS**

READY, SET, GO!

Friday, June 26, 2026

5pm - 9pm

Members \$45

Guests of Members \$55

JOIN US ON ROUTE 66 THIS MONTH IN KIDS CLUB. WE WILL HEAD OUT ON THE ROAD TO PLAY FUN GAMES AND CRAFTS. A CHEESE PIZZA DINNER AND SPECIAL DESSERT WILL BE ENJOYED PRIOR TO SETTLING DOWN TO WATCH DISNEY PIXAR'S CARS (RATED G). THIS EVENT IS OPEN TO CHILDREN AGES 2-11 YEARS OLD. FAMILIES CAN REGISTER OVER THE PHONE WITH THE FRONT DESK AT (408) 356-2136 OR REGISTER IN PERSON.

