



RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



SWIM LESSONS

Our swim lessons are taught by gentle, qualified instructors in our heated Training Pool. We are offering Private Swim Lessons. To sign-up for private lessons, contact patrick@lgsr.com or visit our [website](http://www.lgsr.com).

JUNIOR FALL TENNIS

Our tennis program is designed for all levels of junior players. This program provides a learning atmosphere in which your child will develop and improve tennis skills. Improvement of tennis skills through structured workouts increases self-confidence and overall fun. For more information, contact the Pro Shop directly at (408) 356 - 8363 or come in to sign up!

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CLUB HOURS

Weekday Hours

Monday - Fridays 5am - 10pm

Weekend Hours

Saturday and Sundays 6am - 9pm

Pro Shop Hours

Monday - Thursdays 8am - 6:30pm

Friday - Sundays 8am - 6pm

END OF SEASON SNACK BAR, LIFEGUARD, AND DIVING BOARD HOURS

SNACK BAR (LAST DAY 8/9)

11:00am - 5:00pm Daily

LIFEGUARD WEEKDAY HOURS NOW - AUGUST 14TH

11:00 am - 8:00 pm Daily

LIFEGUARD WEEKDAY HOURS STARTING AUGUST 17TH

Mon, Tues, Thurs, Fri: 3:00pm - 7:00pm

Wednesday: 1:00pm - 7:00pm

LIFEGUARD WEEKEND HOURS

Saturday and Sunday: 11:00am - 7:00pm

DIVING BOARD HOURS NOW - AUGUST 16TH

(THESE HOURS WILL REMAIN THE SAME FOR WEEKENDS IN AUGUST)

12:15pm - 6:00pm Daily

WEEKDAY DIVING BOARD HOURS STARTING AUGUST 17TH

3:30pm - 6:00pm

TENNIS

US OPEN TENNIS MIXER

Friday, August 28, 2026 from 6pm-9:30pm
\$45/Person

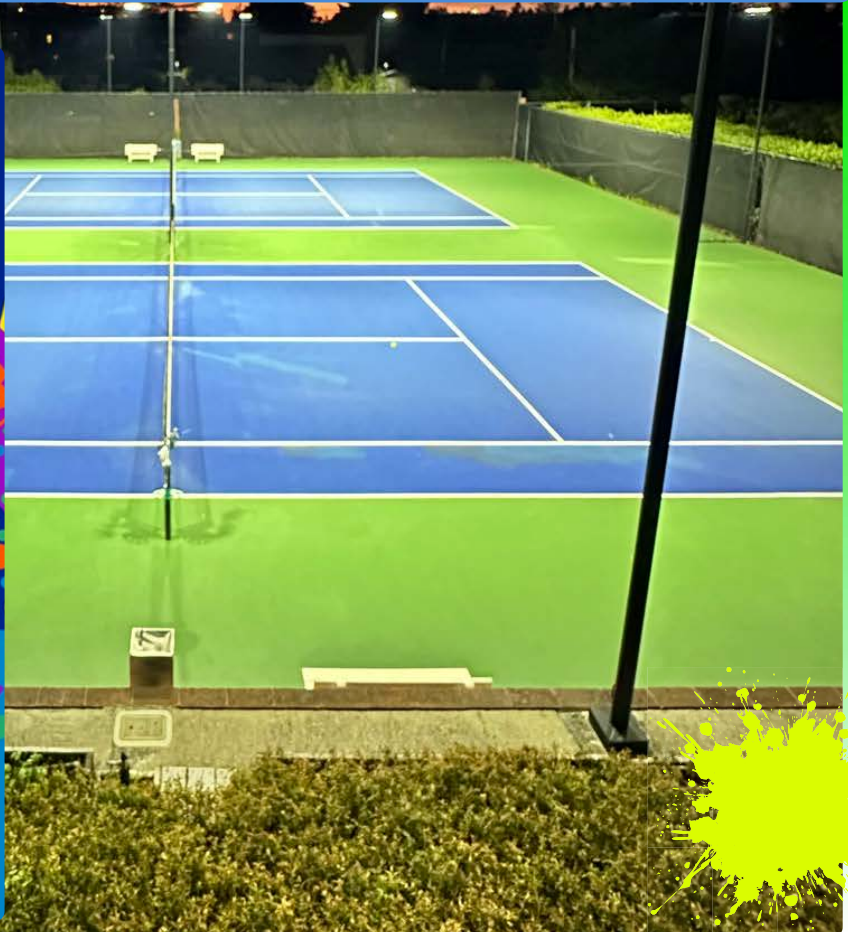


Get ready for a night of exciting tennis and great community vibes as we celebrate the spirit of the US Open with Tennis Pro, Daniela Nalesso!

Join us for this fun-filled mixer featuring a rotating doubles format— perfect for all levels of play. Enjoy light snacks, refreshments, and festive US Open energy while mixing it up with new partners.

Celebrate the graffiti art vibe of the five boroughs by wearing Day Glo, neon and bold colors to reflect the US Open theme this year.

Space is limited—sign up early at the pro shop or email at proshop@lgsr.com to reserve your spot.



AQUATICS

YEAR-ROUND SWIM TEAM BEGINS AUGUST 10, 2026

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 - 4:15pm

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



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 Update
We are no longer offering the 6pm Friday Yoga Strong class. Check out our other wonderful Yoga classes!

STRONG MUSCLES, BETTER BALANCE, HEALTHIER YOU!

Did you know that muscle strength naturally declines with age? The good news is that regular strength training can slow and even reverse much of that loss. Building and maintaining muscle helps improve posture, balance, mobility, and overall functional fitness, making everyday activities like climbing stairs, lifting groceries, and getting out of a chair easier and safer. Even better, just two strength-training sessions each week can help improve bone density, reducing the risk of osteoporosis and supporting lifelong independence.

Balance is another essential ingredient for healthy aging. As we grow older, good balance becomes one of the best defenses against falls and injuries. The great news is that balance is a skill that can be improved at any age! Classes like Pilates, Barre, Yoga, Water Fitness, and Strength all help build core stability, coordination, flexibility, and body awareness are key components for moving confidently through daily life. And don't forget the mental benefits: regular exercise releases endorphins that elevate mood, reduce stress, and leave you feeling energized and accomplished.

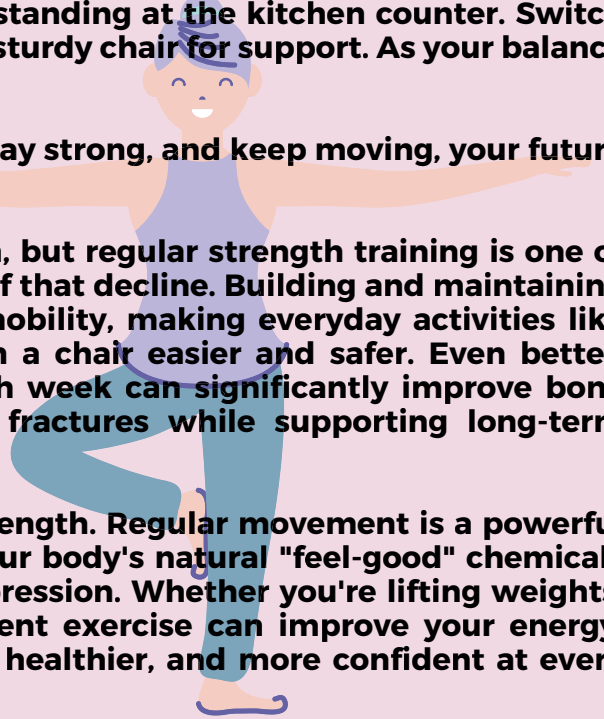
BALANCE CHALLENGE OF THE MONTH

Put your balance to the test! Each day, practice standing on one leg for 20-30 seconds while brushing your teeth, waiting for your coffee to brew, or standing at the kitchen counter. Switch legs and repeat. If needed, keep a hand near a counter or sturdy chair for support. As your balance improves, challenge yourself to use less support.

Small, consistent habits lead to big results. Stay active, stay strong, and keep moving, your future self will thank you!

As we age, it's natural to lose muscle mass and strength, but regular strength training is one of the most effective ways to slow and even reverse much of that decline. Building and maintaining muscle helps improve balance, stability, posture, and mobility, making everyday activities like climbing stairs, carrying groceries, and getting up from a chair easier and safer. Even better, participating in just two strength-training sessions each week can significantly improve bone density, helping reduce the risk of osteoporosis and fractures while supporting long-term functional fitness and independence.

The benefits of exercise extend well beyond physical strength. Regular movement is a powerful mood booster, stimulating the release of endorphins; your body's natural "feel-good" chemicals which help reduce stress, anxiety, and symptoms of depression. Whether you're lifting weights, taking a fitness class, or simply staying active, consistent exercise can improve your energy, enhance mental well-being, and help you feel stronger, healthier, and more confident at every stage of life.



HYDRATION BEYOND WATER

Many people drink water but forget about electrolytes. Include tips such as drinking water before you feel thirsty, eating hydrating foods like watermelon, cucumber, oranges, and berries, replacing electrolytes after long workouts, and avoiding exercising in the hottest part of the day whenever possible.

August Group Ex Schedule

***Water Fitness is held in the Large Pool until August 10th. Beginning August 10th, Water Fitness will be back in the Training Pool**

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 (45 Min)	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 Nick Large Pool	Zumba & Abs Stacy (75 Min) Live & Zoom	Master Swim Nick 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 Sculpt Plus Lisa					
10:00AM-11:00AM	Pilates Fusion Shanon	*Water Fitness Patty		*Water Fitness Katherine		*Water Fitness Patty	*Water Fitness Katherine
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		
6:30PM-7:30PM			Cycle Stacy		Beats & Feet's Stacy (45 Min)		
6:45PM-7:45PM		Yoga Strong Elif		Yin/Restorative Makiko			
LEGEND	STRENGTH	PILATES	AQUATICS	CYCLE	YOGA	SCULPT	DANCE

HEALTH & FITNESS

FINDING THE RIGHT TRAINING SPLIT FOR YOU: A SMARTER APPROACH TO STRENGTH TRAINING

If you're putting in the effort to come into the gym and work out, it's worth ensuring that your training plan aligns with your goals, schedule, and recovery needs. One of the most essential parts of a strength training plan is your training split. A training split is how you divide up your workouts across the week, and choosing the right split can make all the difference in how you feel, recover, and progress.

Start With Your Goals and Schedule

The first step in choosing a training split is knowing two things:

1. What do you want out of training?
2. How many days a week can you realistically commit to?

If you're just getting started, two days per week is a good on-ramp to develop consistency and build foundational strength, to work up to three to four quality training days per week over time. That's the sweet spot for most people when it comes to making steady progress in strength, muscle, and overall fitness.

Three days a week can work, especially with full-body training, but it has limits. To optimize results, especially for fat loss, muscle building, or athletic performance, we need more frequency and volume, which usually means four focused training sessions per week.

The important part? Be honest with your schedule and build a routine you can stick to. Progress comes from consistency, not overcommitting and burning out.

Respect the Recovery Process

More isn't always better, especially in strength training. Every time you lift, you're creating small amounts of stress and micro-tears in the muscle fibers. That breakdown isn't a bad thing; it's the signal your body needs to grow stronger. But the real progress doesn't happen during the workout. It occurs after you rest, refuel, and give your body time to repair.

During the recovery process, your body rebuilds those muscle fibers slightly thicker and stronger than before. This process is known as supercompensation, which is a rebound effect where, if timed right, you come back from recovery a little more capable than you were before. But without proper recovery, that process stalls. You're left spinning your wheels, or worse, risking injury or burnout.

That's why we avoid training the same muscle groups on back-to-back days. Muscles need about 48-72 hours to fully recover from a tough session. Training them again too soon can short-circuit the repair process, limit your results, and keep you from making the progress you're working hard for.

What's Your Training Age?

Training age is another important factor to consider. Training age refers to the duration of consistent training with proper form and structured programming. A beginner's training age might be 0-1 year, intermediate 1-3 years, and advanced 3+years.

Why does this matter? Because training age affects how your body responds to workouts, and how much recovery you need. Beginners can make progress with fewer sessions per week, while more advanced individuals often require more training and more recovery to keep progress going.

Choosing the Right Split

These are general templates that can be customized to meet your specific needs.

1. Total Body – 2 Days/Week

- Great for beginners or busy schedules
- Example: Tuesday & Friday
- You'll hit all major muscle groups both days with basic compound lifts
- Allows for lots of recovery time between sessions

2. Total Body – 3 Days/Week

- Ideal for general strength and fitness
- Example: Monday, Wednesday, Friday
- Train each muscle group frequently enough for progress, with rest days in between
- Efficient and time-effective

3. Upper/Lower Split – 4 Days/Week

- Best for intermediate and advanced lifters with time for more volume
- Example:
 - Monday: Upper Body
 - Tuesday: Lower Body
 - Wednesday: Rest
 - Thursday: Upper Body
 - Friday: Lower Body
 - Weekend: Rest or optional light movement
- More focus per session, but still respects recovery windows

Final Thoughts

There's no one-size-fits-all plan when it comes to strength training. Your best split is the one that:

- Matches your goals
- Fits your schedule
- Respects your body's need for recovery
- You can do it consistently

If you're unsure where to start or if your current split isn't yielding results, it may be time for some guidance. Feel free to reach out to Fitness Director Brian Schweitzerhof or ask one of our Certified Personal Trainers. We're here to help you train smarter, not just harder.

*Brian Schweitzerhof | MS, NASM-CPT, CES, PES, CWC, CNC, CSCS, Pn2
Doctoral Candidate in Health Science
Fitness Director, Performance Enhancement Specialist*



KIDS NIGHT OUT TREASURE HUNT

Friday August 28, 2026

MEMBERS \$45

GUESTS OF MEMBERS \$55

Join us for some fun in the sun this month in Kids Club. While off to Neverland we will go on a treasure hunt and complete a pirate craft. A cheese pizza dinner and special dessert will be enjoyed prior to settling down to watch Disney's Peter Pan (rated G). This event is open to children ages 2-11 years old. Families can register in person at the LGSRC front desk.

SEE YOU THERE!