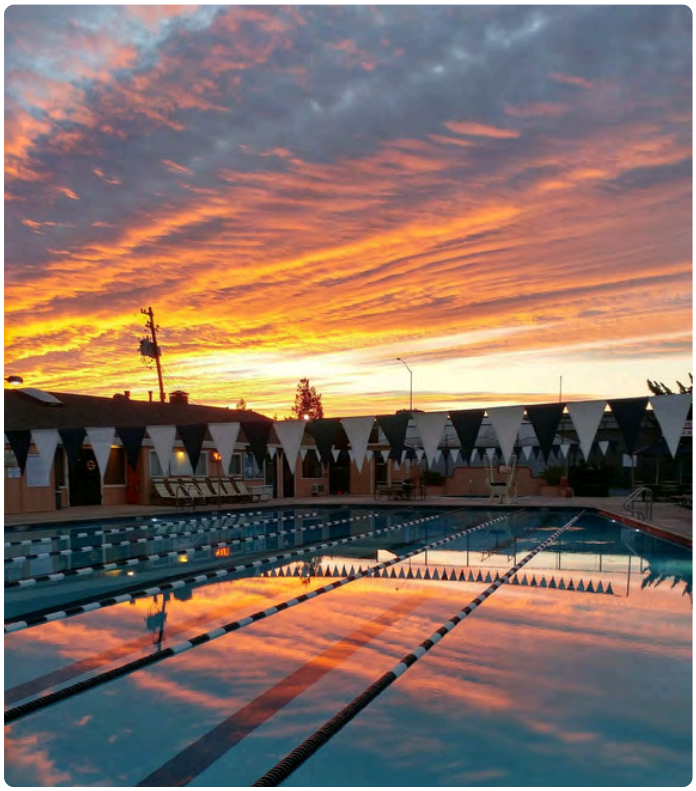
RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB



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CLUB HOURS

Weekday Hours
Monday - Friday: 5am - 10pm
Weekend Hours
Saturday and Sunday: 6am - 9pm
Pro Shop Hours
Every Day: 8am - 6:30pm

TRICK OR TREAT AT LGSRC

Join us all hallows' eve where we will be hosting our annual children's Trick-or Treating event from 4:00pm-4:30pm. On Friday, October 30th, bring your little goblin (all ages!) to Trick-or-Treat with a parent or guardian around the Club.

Costumes are encouraged and recommended for this event! This event is complimentary for Members' children and $5 for guests of Members. Sign up at the Front Desk.

LOS GATOS SWIM AND RACQUET CLUB

SERVING UP SCREAMS
WINE DOWN

Join Tennis Pro, Daniela, for three rounds of daring doubles competition between guys and ghouls where your tennis game will determine your fate! Wear your best costume for our costume contest and be prepared for shrieking your heart out to karaoke after enjoying some food, brews, and boos!

FRIDAY, OCT 23RD: 6:30PM-9PM
COST: $45

RSVP with the Pro Shop: 408-356-8363
or proshop@lgsrc.com

AQUATICS

DON'T MISS PUMPKIN WATER GAMES DURING 10/30 PRACTICE!

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: 3:30pm - 4:00pm
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!

OCTOBER 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, October 7, 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 EXERCISE

STRONG THROUGH EVERY SEASON

As the days get shorter and the weather begins to cool, it can be tempting to slow down and spend more time indoors. October is a great reminder that staying active is important in every season and maintaining your fitness routine can help you feel strong, energized, and ready to enjoy all that fall has to offer.

By now, your September routine may be starting to feel more comfortable. This month, focus on building that momentum rather than letting your routine fade. Regular movement helps maintain strength, flexibility, balance, and cardiovascular fitness while also supporting your overall sense of well-being.

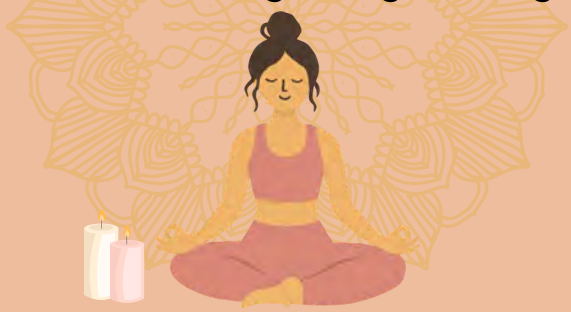
<u>Keep Moving This Fall</u>
Your workout routine doesn't have to be complicated. The key is finding activities that work for you and keeping them a regular part of your week.

Make October the month to:

- **Keep your strength strong. Resistance training helps maintain muscle and supports everyday movement.**
- **Challenge your balance. Try a Barre Sculpt or Pilates class to work on balance, core strength, stability, and body control.**
- **Move your body in different ways. Mix strength, cardio, flexibility, and low-impact exercise throughout your week.**
- **Try something new. A different class can challenge your body in new ways and keep exercise interesting.**
- **Bring a friend. Workouts are often more enjoyable and more motivating when you have someone to share them with.**
- **Stay consistent. Even a shorter workout is worthwhile. Something is better than nothing!**

"AUTUMN GLOW" CANDLELIGHT YOGA

Come try our Yin/Restorative yoga class on Wednesdays at 6:45pm with Makiko Niwa in a relaxing low-light setting.



<u>Fall Into Fitness</u>
October is also a great time to explore the variety of Group Exercise classes available at the club. Whether you want to build strength, improve endurance, work on balance and flexibility, or simply enjoy moving with others, there are plenty of ways to keep your fitness routine fresh.

As the seasons change, remember that your body still benefits from movement every day. Keep showing up, keep challenging yourself, and keep moving forward.

This October, let's fall into fitness and stay strong all season long!

- Patty McNulty, Group Exercise Director

OCTOBER GX 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 (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

WHEN SHOULD MY SON OR DAUGHTER START WORKING OUT?

As a parent, you might wonder when the right time is for your child to start working out. With so much information out there, it can be confusing to know what's best for your child's development. Understanding the right timing and types of exercises can make all the difference in setting up your child for a lifetime of healthy habits and physical fitness.

Understanding Child Development: The Role of Peak Height Velocity (PHV)

Before diving into specific recommendations, it's important to understand a key concept in child development: Peak Height Velocity (PHV). PHV refers to the period during adolescence when a child experiences their fastest rate of growth in height. This growth spurt typically happens once during puberty—usually between the ages of 10-14 for girls and 12-16 for boys.
PHV is an important marker because it helps determine when certain types of physical training are most appropriate and effective. Here's how you can align your child's workout routine with their development:

Ages 4-10: Building a Foundation Through Play

At this stage, the focus should be on developing fundamental movement skills, coordination, and overall physical literacy. Formal workout routines are not necessary for children in this age group. Instead, encourage a variety of fun and engaging activities that promote a wide range of movements:

- **Running, jumping, and hopping through games like tag or obstacle courses.**
- **Throwing and catching with balls, beanbags, or frisbees.**
- **Balance and stability exercises such as walking on a balance beam or simple gymnastics like forward rolls.**
- **Agility and quickness drills through chasing games or simple relay races.**

The key here is variety and fun. By participating in these activities, your child will build a strong foundation of basic skills that will benefit them in any sport or physical activity they choose later in life.

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Pre-PHV (Before Growth Spurt): Ages 6-10 for Girls, 8-12 for Boys

As children approach the pre-adolescent stage, their bodies are preparing for the rapid growth of PHV. This period is an ideal time to continue focusing on coordination, balance, and general fitness without the intensity of structured strength training:

- **Agility and coordination remain crucial, with activities like dance, martial arts, or swimming being excellent choices.**
- **Bodyweight exercises like push-ups, squats, and planks can be introduced, but the emphasis should still be on proper form and control rather than intensity.**

During PHV (Growth Spurt): Ages 10-14 for Girls, 12-16 for Boys

When your child hits their growth spurt, you might notice rapid changes in their height and body composition. This can temporarily disrupt their coordination and balance, making it essential to adjust their physical activities accordingly:

- **Endurance training becomes more appropriate during this stage. Activities like swimming, cycling, or light running can help build cardiovascular fitness without putting undue stress on the growing body.**
- **Maintain focus on flexibility and coordination to help your child adapt to their rapidly changing body. Yoga or simple stretching routines can be beneficial.**

Post-PHV (After Growth Spurt): Ages 13-18 for Girls, 15-18 for Boys

After the growth spurt, your child's body begins to stabilize, making this the ideal time to introduce more structured strength training:

- **Strength training can now be safely incorporated, focusing on proper technique and gradually increasing intensity. Exercises like squats, deadlifts, and push-ups are great starting points.**
- **Power and plyometric exercises can also be introduced to develop explosive strength, which is valuable for many sports.**
- **Continue aerobic conditioning through sports and activities that your child enjoys. This not only supports cardiovascular health but also keeps exercise enjoyable.**

Key Takeaways: A Holistic Approach to Youth Fitness

- **Start with Fun and Play: For young children (ages 4-10), the focus should be on fun, unstructured play that promotes a variety of movements. This builds a solid foundation for future athletic development.**

- **Adapt as They Grow: As your child enters puberty and experiences their growth spurt, adjust their activities to match their developmental stage. Focus on coordination before and during PHV, and shift toward strength and endurance training afterward.**

- **Individualized Approach: Every child is different, so it's essential to consider their unique development and interests. Encourage a variety of activities and ensure that exercise remains a positive experience.**

By aligning your child's workout routine with their natural growth and development, you're not only helping them build physical fitness but also fostering a lifelong love of activity. Remember, the goal is to keep exercise fun, safe, and appropriate for their age and stage of development.

-Brian Schweitzerhof, Fitness Director

KIDS NIGHT OUT PRESENTS

GLOW PARTY

$45 MEMBERS/$55 GUESTS OF MEMBERS

FRIDAY, OCTOBER 23, 2026
5PM-9PM

TAKE A JOURNEY WITH US AT KIDS' CLUB THIS MONTH! WE WILL CREATE A FUN MONSTER THEMED CRAFT AND PLAY A GLOWY GAME. A CHEESE PIZZA DINNER AND SPECIAL DESSERT WILL BE ENJOYED PRIOR TO SETTLING DOWN TO WATCH DISNEY PIXAR'S MONSTERS UNIVERSITY (RATED G).

THIS EVENT IS OPEN TO CHILDREN AGES 2-11 YEARS OLD. FAMILIES CAN REGISTER IN PERSON AT THE FRONT DESK OR OVER THE PHONE AT (408) 356-2136.