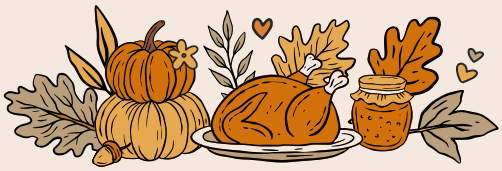
RACQUETEER

NEWSLETTER FOR MEMBERS OF LOS GATOS SWIM & RACQUET CLUB





Thursday, November 26, 2026
Thanksgiving Day (Club Closed)

Friday, November 27, 2026
Day After Thanksgiving (Club Hours: 7am - 7pm)

May this day and every day be filled with love, joy and happiness.

ANNOUNCEMENTS

BEGINNING SATURDAY, NOVEMBER 7TH, SATURDAY AND SUNDAY CLUB HOURS CHANGE FROM 9PM CLOSING TO 8PM CLOSING FOR THE FALL/WINTER SEASON.

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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

Save the Date!
Annual Children's Christmas Party

Join Santa and the rest of the Kids' Club staff in the Group Exercise room on Saturday, December 12th from 11am-12pm for a very merry Christmas party for the whole family! We will write letters to Santa, enjoy yummy snacks, make a fun craft, and take a picture with Santa too! This is a family event, so we ask that parents stay with their children at all times. Please sign up at the Front Desk. This event is complimentary for Members and $10 for Guests of Members.





TENNIS

BELOW ARE THE USTA NORCAL ADULT LEAGUE 2026 REGISTRATION DEADLINES FOR 2027 PLAY. FOR THE FULL 2027 ADULT LEAGUE CALENDAR, VISIT THE USTA WEBSITE.

ADULT 40 AND OVER LEAGUE

Traditional:
Team Registration: 11/2/26-11/30/26
League Season: 1/4/27-3/14/27
2027 Playoffs: April 1-4, 8-11, 15-18
Sectionals Weekend: May 7-9, 14-16, 2027

Daytime:
Team Registration: 11/2/26-11/30/26
League Season: 1/4/27-3/12/27
2027 Playoffs: March 22-26, March 29-April 2, April 5-9
Sectionals: April 27 - 29, 2027 (Tues-Thurs)

MIXED 18 AND OVER LEAGUE

Team Registration: 11/2/26-11/30/26
League Season: 1/4/27-1/24/27
2027 Playoffs: Mar 18-21, Apr 1-4, 8-11
Sectionals Weekend: Apr 23-25, 2027

ADULT 65 AND OVER LEAGUE

Team Registration: 11/30/26-11/4/27
League Season: 2/1/27-4/9/27
2027 Playoffs: April 19-23, April 26-30
Sectionals Weekend: May 18-20, 2027





AQUATICS

REMINDERS:
NO PRACTICE: 11/11
TEAM DINNER AT SUPER DUPER BURGER: 11/19
NO PRACTICE: 11/25-11/27

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!

We are thrilled to announce Jake Jepson as Head Coach and Aquatics Director at LGSRC! A standout competitive swimmer for 12 years with Calabasas Waves, Viewpoint School, and LA Pierce College, Jake brought leadership and championship success to every program he swam for, including state championship appearances and top-10 finishes.

Since joining LGSRC after graduating from UCSC, Jake has been instrumental in energizing our program—boosting USA Swimming meet attendance, guiding athletes to Junior Olympics and Far Westerns, and coaching our team to 27 first-place finishes at last summer's VAL Championships! Coach Jake is dedicated to continuing to build our program's championship culture and leading LGSRC aquatics into an exciting new chapter. Come be a part of our team, where hard work, friendly competition, and pure fun come together in every swim!



DECEMBER 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, December 2, 2026 from 5pm-8pm in the Members' Lounge
Instructor: John Rizzi, Retired Firefighter
Price: $40 for Members & $50 for Guests of Members.

GROUP EX

THANKSGIVING GROUP EX SCHEDULE

Wednesday, November 26, 2026 - No Evening Classes
Thursday, November 27, 2026 - Club Closed (Thanksgiving Day)
Friday, November 28, 2026 - Day After Thanksgiving Schedule
7:15-8:15am - Cycle with Dolores
7:30-9:00am - Master Swim 5,000 yards with Nick
9:15-10:00am - Dance Party with Stacy
10:00-11:00am - Water Fitness with Patty
10:30-12:00pm - Pilates Sculpt+ with Lisa

SOUND HEALING

WITH RESTORATIVE YOGA AND YOGA NIDRA

GRATITUDE AND APPRECIATION RETREAT

Friday, November 27th from 2pm-4pm

Join Ann and Grisel for a deeply nourishing and tranquil afternoon in our Restorative Yoga with Sound Healing and Yoga Nidra Retreat. Celebrate and honor the heartwarming season of Thanksgiving by connecting with the energies of gratitude, love and appreciation.

This comforting retreat is designed for all levels to nurture profound relaxation and restore inner balance in a season that can often be stressful. Through a blend of soothing, gentle poses, participants will embark on a journey to ease physical tension, support emotional release, and foster a renewed sense of lightness and well-being to fully enjoy this festive season.

Immerse yourself in slow, meditative poses, fully supported by props, as you surrender to a deeply restorative experience. The harmonizing frequencies of Tibetan singing bowls, quartz crystal bowls, gong, rain stick, and chimes weave together to create a soothing soundscape that invites deep relaxation, releases tension and gently guides you back to your natural vibrational state.

After the final restorative pose, you'll receive a small gratitude gemstone to place on your heart during Savasana. The stone, yours to keep, will be infused with the energies of gratitude, love, and appreciation through a brief heart-centered guided meditation—allowing you to absorb and carry these vibrations wherever you go and whenever you need them.

As we approach the end of our heartfelt journey together, we will invite you to reinforce your intention with the transformative power of Yoga Nidra. Renowned for its stress-alleviating, sleep-enhancing, and emotionally healing effects, this powerful ancient practice will leave you feeling grounded, centered, peaceful, and appreciative of yourself.

Benefits

- Relaxation
- Mindfulness
- Inner Balance
- Quiet Reflection



Offered by Ann and Grisel

COST: $59 EARLY BIRD UNTIL NOVEMBER 16TH. $69 THEREAFTER
SIGN UP ON THE CLUB AUTOMATION APP

NOVEMBER 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



FOAM ROLLING: A SIMPLE TOOL TO HELP YOU MOVE AND FEEL BETTER

Whether you play tennis, lift weights, hike on weekends, or spend much of your day sitting, you have probably experienced muscles that feel stiff or sore. Foam rolling can be a useful tool for managing those feelings—and it only takes a few minutes.

What is foam rolling? Foam rolling is a form of self-massage that uses your body weight and a foam roller to apply pressure to your muscles. It can help you feel less stiff and move more comfortably.

How does it work? The pressure from foam rolling can help you feel less stiff and more comfortable as you stretch and move. This can temporarily improve your range of motion, making it easier to move freely during exercise and everyday activities.

Before activity: Help prepare for movement
Before tennis or a workout, foam rolling can improve how far a joint moves without generally reducing strength or power. That makes it a useful addition to your warm-up, especially when an area feels stiff.

For tennis players, the calves, thighs, and buttocks are practical places to start. Choose one or two areas that would benefit from attention, then follow the rolling with active movement.
For example:

- **Roll your calves and thighs.**
- **Walk briskly or jog lightly.**
- **Add controlled lunges, side steps, and arm movements.**
- **Gradually build into practice swings and court movement.**

After activity: Help manage soreness. After a hard workout, a long match, or your first weekend hike in a while, foam rolling may reduce how sore your muscles feel over the following days. Use it as an optional addition to your recovery routine. Sleep, food, hydration, and enough time between demanding sessions still deserve your attention.

Before bed: A chance to unwind. Gentle foam rolling can be a relaxing way to end the day, especially after hours of sitting or being active. Spend a few minutes using light, comfortable pressure while taking slow, steady breaths. This can help you feel less stiff and give you a chance to unwind before bed.

How to do it
Getting started is easy. Follow these simple steps:

1. **Start with a softer, smooth roller.**
2. **Position it under a muscle, such as your calf, thigh, or buttock.**
3. **Roll slowly over a small section, using your hands and feet to control your weight.**
4. **Spend about 30–60 seconds on each area. Adjust based on comfort.**
5. **If you find a tender spot, ease the pressure. You can pause briefly, but you do not need to hold it until the discomfort disappears.**

Aim for manageable pressure. Sharp pain, tingling, numbness, or bruising are reasons to stop. Avoid rolling directly over joints, bones, your neck, or your lower back. Ask a trainer for help with positioning if you are unsure.

Make it useful for you. You do not need to roll every muscle every day. Pick a couple of areas, spend a few minutes, and notice how you feel and move afterward.

Before activity, use it to support your warm-up. After activity, use it to help manage soreness. Before bed, keep it gentle and comfortable. If you are unsure where to start, ask our fitness staff to help you build a routine that fits your activities.