



RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

September 2023



SWIM LESSONS AT LGSRC

At Los Gatos Swim and Racquet Club we pride ourselves in our swim lesson programs for all ages and abilities. Our goals include water safety, building confidence in the water, having fun while learning new skills, progression of those skills, learning proper technique, and more!

Private Lessons for Kids

Our trained swim instructors are passionate and friendly. They are eager to motivate your child at any level while teaching correct swim technique and safety skills.

Length: 25 minutes, Ratio: 1:1

Fees: Members: \$40 Non-Members: \$60

Private Lessons for Adult & Intermediate Youth Members

Our trained coaches are available for private lessons to teach member-only adults and intermediate youth swimmers how to swim or improve their swimming skills.

To sign up or for more information about our private swim lessons for kids or adults, visit lgsrc.captyn.com or for more information e-mail our Aquatics Director, Shelbi Oskolkoff-Campbell at swimlesson@lgsrc.com.

**Labor Day Club Hours:
7:00AM - 7:00PM**



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CLUB HOURS

<u>Weekday Hours</u>	
Monday - Friday	5:00AM - 10:00PM
<u>Weekend Hours</u>	
Saturday and Sunday	6:00AM - 9:00PM
<u>Proshop Hours</u>	
Monday - Thursday	8:00AM - 8:00PM
Friday - Sunday	8:00AM - 6:00PM

DIVING BOARD CLOSING 9/4

The last day to enjoy the diving board is Monday, September 4th (Labor Day). It will reopen Memorial weekend of 2024.

Until then, enjoy the diving board from September 1st - September 4th. See you by the pool!



TENNIS



JTT TEAM CHALLENGE

Join us for our
JTT TEAM CHALLENGE
Saturday, September 30th, 2023
1:00pm – 6:00pm
Sign up at the Pro Shop
\$25 Members/\$30 Guests of Members



US OPEN NIGHT AT LGSRC

DATE: FRIDAY, SEPTEMBER 1, 2023
TIME: 6:30PM – 9:30PM
COST: \$25.00 PER PERSON
RSVP BY: AUGUST 25, 2023
SIGN UP AT THE PRO SHOP

2023 USTA LEAGUE SCHEDULE

Los Gatos Swim and Racquet Club hosts many USTA sanctioned leagues. We have competitive teams at every level, including women's teams rated from 2.5 to 4.5 and men's teams rated from 3.0 to 5.0. Many of our teams have reached Districts, Sectionals, and Nationals with great results.

LGSRC follows USTA eligibility guidelines for league participation:

- USTA current membership
- Valid rating no higher than the skill level of the team
- 18 Years and older

Players must sign up in the pro shop and be placed onto teams through Tennis Director Placement. Playing up at a higher NTRP is permitted if the higher team is in need of more players with the roster not exceeding 20 total players. In addition, any player that has a winning record at their current level will qualify for the team first. If space is available after qualified players have been accounted for, additional players may be included until 20 total players are reached.

Mixed 55+	League Season: Now - November 5th
Combo Doubles	League Season: Now - November 5th
Combo Doubles Daytime	League Season: Now - November 3rd



AQUATICS



LGSRRC YEAR-ROUND SWIM TEAM



**\$135/Month +
\$100
Team Fee**

Developmental Track

- Stroke School (4-7)
 - Mini (5-8)
 - Junior (9-12)
 - Senior (13+)
- Practice Times
Monday - Friday**
- 3:00pm - 3:30pm
 - 3:30pm - 4:15pm
 - 3:30pm - 4:30pm
 - 5:30pm - 6:45pm

Register for the appropriate group based on age and ability. Silver, Gold, and Platinum registrants must have coaches approval. See dryland schedule and detailed group descriptions on our website.

Competitive Track

- Silver (6-8)
 - Gold (9-12)
 - Platinum (13+)
- Practice Times
Monday - Friday**
- 4:15pm - 5:30pm
 - 3:55pm - 5:30pm
 - 5:00pm - 7:00pm

**Contact Us
408.356.2136**



www.gomotionapp.com/calgsc

GROUP EX & MORE

GROUP EX UPDATE

The Tuesday and Thursday Masters Swim classes have moved back to a 9:30am start time.

Come join one of our fantastic Masters Swim classes at LGSRC!

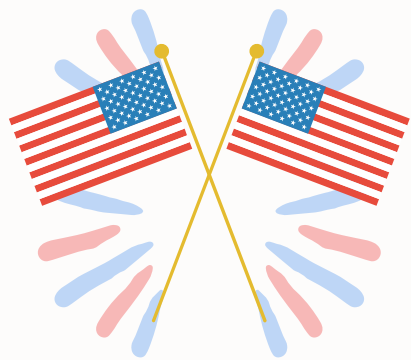
They are offered:

Monday, Wednesday, & Friday from 5:30am-6:30am, Tuesday and Thursday from 9:30am-10:30am, and Saturday from 7:00am-8:30am. See our Group Exercise schedule for more details and instructors.



GROUP EX

LABOR DAY SCHEDULE



LOST & FOUND

On Friday, September 15th we will be donating items from our Lost and Found bin. Please make sure you look for any lost towels, water bottles, items of clothing, etc.



- 7:15 AM - 8:15 AM Cycling with Dolores Montenegro**
- 8:30 AM - 9:25 AM Butts & Guts with Stacy Dunnett**
- 9:30 AM - 10:45 AM Zumba Party with Stacy Dunnett**
- 10:00 AM - 11:00 AM Water Fitness with Patty McNulty**

SCHEDULE

SEPTEMBER GROUP EXERCISE SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores Montenegro		Sunrise Cycle Patty McNulty		Cycle Boot Camp Dolores Montenegro	
7:00AM-8:30AM							Master Swim Nick Jufiar Large Pool
8:00AM-8:30AM			Foam Rolling Ann Weismann		Foam Rolling Ann Weismann		
8:15AM-9:15AM							Cardio Sculpt Dolores M. Live & ZOOM
8:30AM-9:30AM	Yoga Strength & Stretch Sam Cooke	Barre Sculpt Stacy Dunnett Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy Dunnett	Master Swim Shelbi Oskolkoff Large Pool	Zumba Hema Rajpal	Master Swim Shelbi Oskolkoff Large Pool		Yoga 4 All Makiko Niwa
9:45AM-10:45AM			Strength & Stretch Patty McNulty Live & ZOOM		Strength & Stretch Patty McNulty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus+ Lisa Roper					Pilates Sculpt Plus+ Lisa Roper	
10:00AM-11:00AM		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool		Water Fitness Patty McNulty Training Pool	Water Fitness TBA Training Pool
10:45AM-11:45AM				Yoga Strength & Stretch Hema Rajpal			
12:15PM-1:15PM			Group Cycle Rachel Young		Group Cycle Rachel Young		
1:15PM-1:45PM			Ab Blaster Rachel Young		Ab Blaster Rachel Young		
12:30PM-1:30PM	Group Cycle Rachel Young						
4:00PM-5:15PM			Gentle Yoga Ann Weismann		Gentle Yoga Heather Estrada		
5:30PM - 6:30PM		Functional Fitness Vesna Mardesic	Zumba Stacy Dunnett	Functional Fitness Vesna Mardesic	Zumba Stacy Dunnett		
6:30PM-7:30PM			Group Cycle Stacy Dunnett		Group Cycle Stacy Dunnett		
Legend		■ Strength	■ Cycling	■ Zumba	■ Aquatics	■ Sculpt	■ Yoga

HEALTH & FITNESS

NEW: ATLANTIS STRENGTH EQUIPMENT



We have welcomed four new pieces of Atlantis Strength Equipment to LGSRC!

We are thrilled to announce the arrival of four incredible pieces of strength equipment that are set to take your workouts to a whole new level. As part of our ongoing commitment to providing the best fitness experience for our members, we have added to our top-of-the-line equipment from Atlantis. Each machine is carefully designed to target specific muscle groups, ensuring a well-rounded and effective workout. Get ready to experience the power of these cutting-edge machines!

1. Atlantis Pendulum Squat

The Atlantis Pendulum Squat is a game-changer for anyone looking to build strong and powerful legs. This dynamic machine allows you to perform squats with unparalleled stability and precision. Its unique pendulum motion provides a smooth and natural range of motion, effectively engaging the quadriceps, hamstrings, and glutes. Whether you're a seasoned lifter or just starting your fitness journey, the Pendulum Squat is a must-try. Feel the burn as you challenge your lower body and sculpt those enviable legs!

2. Atlantis Plate Loaded Hip Thruster

Are you ready to take your glute training to new heights? The Atlantis Plate Loaded Hip Thruster is the answer to your quest for a sculpted posterior. This specialized machine targets the gluteus Maximus and hamstrings, helping you achieve the firm, toned backside you've always wanted. Its plate-loaded design allows you to adjust the resistance according to your fitness level, making it suitable for everyone. Embrace the burn and get ready to transform your glutes into a powerhouse of strength!

3. Atlantis Glute Kickback

For those seeking to define and tone the often overlooked gluteus medius, the Atlantis Glute Kickback is a dream come true. This machine isolates the gluteus medius, the muscle responsible for hip stability and overall balance. With precise and controlled movements, you can strengthen this important muscle group, enhancing your athletic performance and reducing the risk of injuries. Get ready to feel the burn in all the right places with the Atlantis Glute Kickback!

4. Atlantis Total Hip

Unlock the potential of your hips with the versatile Atlantis Total Hip machine. This all-in-one equipment targets multiple hip muscles, including the hip flexors, abductors, and adductors, improving overall hip strength and mobility. Whether you're an athlete looking to boost your performance or someone aiming to improve daily functional movements, the Atlantis Total Hip has got you covered. Prepare to experience newfound hip strength and flexibility!

We couldn't be more thrilled to welcome these four extraordinary pieces of strength equipment to our gym. Whether you're a fitness enthusiast or a novice, these machines offer something for everyone. From the precise motion of the Pendulum Squat to the targeted glute training with the Hip Thruster and Glute Kickback, and the comprehensive hip workout with the Total Hip, these machines are sure to elevate your fitness journey. Get ready to challenge yourself, achieve new milestones, and unlock your full potential.

Written by Brian Schweitzerhof, Fitness Director & Certified Wellness Coach